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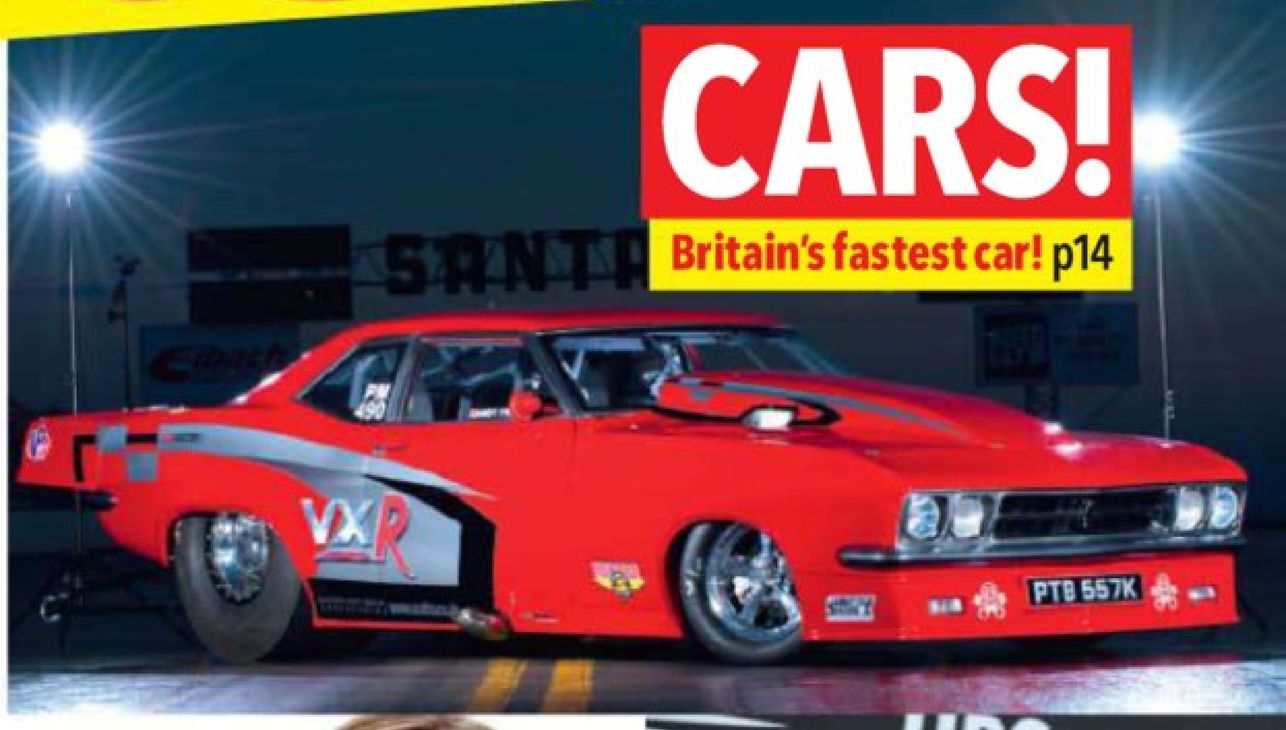
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IN THE Nuts OFFICE!

Domino's bring pizzas! We eat them! Everyone's happy!



Turbo Tango babes spray us with foamy pop!



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Nuts NEWS

HITTING THE BEACHES, EVERY WEEK!

Nuts EXCLUSIVE!

Hollyoaks on holiday!

It's Merna and Porter! In their work clothes!

As any fan of serious televisual drama *Hollyoaks* will know, most relationships/conversations/murders that happen within a ten-mile radius of Chester are done by hot girls in lingerie and/or bikinis. So, presumably, the murder rate in Menorca hit a summer high, coinciding with the appearance of Gemma Merna and Jorgie Porter, off on their hols!

The girls hired a yacht to swan about in the Spanish sun, each wearing a tight two-piece, then powered off on a Jet Ski before retiring below deck to make sweet love to each other for hours. They didn't, of course, but if we can't imagine this sort of stuff then, by golly, the French have won!

WORDS: RORY BUCKERIDGE PHOTOS: CRUISE PICTURES

BLONDE BEAUTIES!

"You can see me? I thought I was camouflaged?"

No one knew she'd replaced her water with neat gin

DOUBLE DELIGHT!

"You don't have to put your hand up if you want to ask me a question!"

"Don't drop it in the water, for God's sake – it cost a fortune!"

MORE OVER THE PAGE!

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Storetango.com

"Yup, the waxer got every last one"

CURVY CUTIES!

She loved trying to touch her toes without bending her knees

"It *is* Giggsy over there!"

The new beach patrol was proving very popular

ALL HANDS ON DECK!

"You're right – you could eat your dinner off it"

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Nuts NEWS

The perfect storm!

It's got sideways lightning! Sideways!

You'd think a five-mile-high storm that falls over itself like God's own sky-based tidal wave was weather enough. But this "supercell" storm that appeared in Nebraska last week entered the realms of epic when it spat out *sideways lightning*!

Met man explains!



Weatherman Dave Britton explains: "This thundercloud is formed as moist air rises then rolls down in front of the cloud. This creates a sharp edge to the cloud making it look like a wave breaking. As water droplets rush up and down inside the storm, the air electrifies, culminating in a lightning strike across the sky."

WORDS: RORY BUCKERIDGE PHOTOS: SOLENT NEWS

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Nuts EXCLUSIVE!

Behind the scenes with *Fifa 12*!

Nuts noses round the top-flight video game studio

When the EA boffins called and asked if we wanted to pop down to the *Fifa 12* commentating sessions, we'd donned our sheepskin coats and flat caps before you could yell, "Gooooooaaaaaaal!"

With just three months until the launch, EA have unveiled former England forward Alan Smith as a new commentator.

Smith, who joins *Fifa* stalwart Martin Tyler in the recording booth, told *Nuts* he's chuffed to be on board. "A lot of people would kill to do this job, so I just hope people will warm to my tones like they have done to Martin's!"

And *Nuts* got to hear those tones first hand as we had a go at commentating ourselves! Er, don't hold out for that to be in the final edit, though…



Hello chaps, so how's it all going on *Fifa 12*?

Martin: Hello! We're nearing the end and it's going great! It's just an extension of what we do but a satisfying and pleasurable one. In some respects, it brings even more joy to people than a real football match.

Alan: It's all very new to me. Martin's been in the game for a number of years, but I've only just become aware of how popular it all is. I mean, to sell 11 million copies worldwide is just amazing.

MT: It's great how it's taken off, and how even the non-English speaking countries want the game with British commentary.

Is it weird commentating on pretend footy?

AS: Well, it's about imagination and replicating what you'd do on a match day. I play off Martin's reactions and I guess it becomes second nature.

MT: The bits and bobs and the details of the game essentially are the same as in real life, so any commentator will have seen them hundreds of times before. Occasionally, the game will throw up something a bit far-out that we might get stuck on, but the directors and tech guys get us through it.

So how long will you have spent on the game?

AS: We've had about nine sessions, not always together, and it's about five hours per session. I reckon by the end of it we'll have been recording for about 45 hours!

WORDS: SI CUNNINGHAM

DIGITAL DRIBBLING!

Take him out at the pixels, Terry!

"It's a foal... sorry foul! Bugger!"

"What's Motty doing in here?"

GET IN THERE!

MT: But we never get bored. We're always striving for perfection and to keep it fresh. There are so many factors to consider and it's all unscripted. We're allowed to be ourselves.

Do you have any odd tips to make you feel like you're at a real game, like Pukka Pies or Bovril?

AS: Ha-ha! No, we're athletes, so it's salads all the way. The only props that we have are the effects that play in our ears and our own excitable voices!

"We've been recording for 45 hours!"

MT: We have a producer in our ear, which is what we hear when we're working on the game, but that's also what you'd hear doing an actual television broadcast. So it's very similar. I think people assume we do it to moving pictures, but we don't.

Have you been guilty of being overly dramatic because it's not a real game?

AS: I think you can have a laugh and a joke, but you don't want to ham it up too much.

MT: You don't want to deliver a line that stands out too much. During the game, there'll be certain lines repeated, so if you're saying something silly, I can imagine that would get annoying for the player.

So you weren't tempted to yell "Goooooaaaaaal!" Italian-style at any point?

AS: Ha! That's just not our style!

MT: People don't need to hear us fooling around.

Who has the most difficult name to pronounce in football?

AS: There are a few foreign ones, Bilyaletdinov the Russian winger is one I struggle with.

MT: Football players should be like racehorses and have their names registered!

Finally, do you play the game? And are either of you any good at it?

AS: I do now! My daughter's boyfriend wants to play me, but he's just wants a free game!

MT: I can't play real football so I haven't time to play a computer version!

Fifa 12 *hits shops on 30 September. Pre-order the* Fifa 12: Ultimate Edition *exclusively at www.game.co.uk now*

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Sheridan Smith

During her birthday bash

Stop. The. Press. When did *this* happen? Sheridan makes us all drop our pies with a collective thud with this snap, posted on Twitter. And now our pies are all broken. Yeah, *thanks*, Smith!



Avril Lavigne

On her hols, Saint Tropez

It's easy to forget, when distracted by her "blind lesbian" look and shouty fake rock that Avril has a cracking body under those dungarees. One for the wallet, then, eh?

RUDE NEWS

News to distract us from the rubbish summer!



Imogen Thomas

Roller-skating in LA

Imogen seems to be putting the Ryan Giggs thing behind her, merrily roller-skating through LA in a *Baywatch* onesie. That's how we skate through LA, too. Always.



Mollie King

Arriving at ITV's studios

The Saturdays blondie has now joined fellow singer Frankie Sanford in the Rude News Nip Slip Hall Of Fame™. Now all we need is, erm, the other three, for a full Saturdays set!

WORDS: RORY BUCKERIDGE PHOTOS: ZOE MCCONNELL, NATIONAL PICTURES, SPLASHNEWS.COM, SOLARPIX.COM, COLEMAN-RAYNER

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Florence Brudenell-Bruce

In a lingerie shoot

Flo Bruden-whatsit sounds like someone from *Made In Chelsea*, alongside Binky, Cheska and chums but, apparently, she's dating that Prince Harry. Lucky boy.



Stacey Solomon

On her hols, Costa Del Sol

The *Sing If You Can* star hit the pool in a striking, leopard-print bikini that clearly failed the job of holding onto her assets. But then, high-tensile steel would probably struggle with those.

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...

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0-60 in one second!

Wolverhampton bloke builds the world's fastest street-legal car!

- **With a fresh MoT ticket, road-tax exemption and two parachutes hanging off the back in case the brakes go gooey, this is one bloke from Wolverhampton's lifetime ambition.**
- Let's start with the bragging stats: 0-60 in under one second. 3,000bhp. 1,200kg weight. 2,500bhp/tonne. 0-220mph in six seconds.
- **You are staring at what hopes to be the fastest car to ever legally set tyre on a public road in the world. It started life as a slow, slightly naff 1972 Vauxhall Victor saloon bought in 1980 for £60, but drag racer Andy Frost from Wolverhampton has taken things to the fringes of berserk. Then gone just a bit further...**
- In other words, everything you see before you has been engineered to satisfy an MoT tester as well as missile from zero to 220mph inside six seconds on the quarter-mile drag strip. No easy feat!
- **Pro Modified drag cars are never road-legal (it's no easy task to make one capable of popping to Morrisons) so this is a world first. It may have a lightweight fibreglass custom bodyshell with an ultra-strong tubular chassis, but Andy has fitted such luxuries as electric windows and leather race seats.**
- Pro Mod cars typically run their huge V8 engines on methanol, using superchargers, nitrous oxide or turbos. Andy has opted for a pair of turbos normally found on large diggers. They're literally the diameter of footballs!
- **When just popping down to the shops for a packet of biscuits, the 16x16-inch sticky slicks are swapped for 15-inch treaded tyres and the electronic fuel injection and turbos can be numbed down, to avoid accidentally doing 140mph in a Neighbourhood Watch zone.**
- As if that wasn't enough, Andy built his Victor with the quality and finish of a show car. The engine is beautifully anodized, painted and detailed, as is the heavily stretched, chopped and airbrushed bodyshell.
- **So keen were the British public to help Andy achieve his goal of building this monster, he was awarded sponsorship by Vauxhall and even his local council. "They thought I was helping promote Wolverhampton, so I got a cheque from them towards the project," Andy tells *Nuts*. "At first I thought it was a hoax!"**
- And how much does a car like this cost? Just over £100k (plus 1,600 hours of Andy's valuable time). A bargain – for the fastest car in the world!

WORDS: JONNY SMITH PHOTOS: MATT WOODS



220MPH IN 6 SECS!

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Furnish hoped Elton would love his present

PARACHUTE BRAKES!

Prime suspected his dad might be having a mid-life crisis





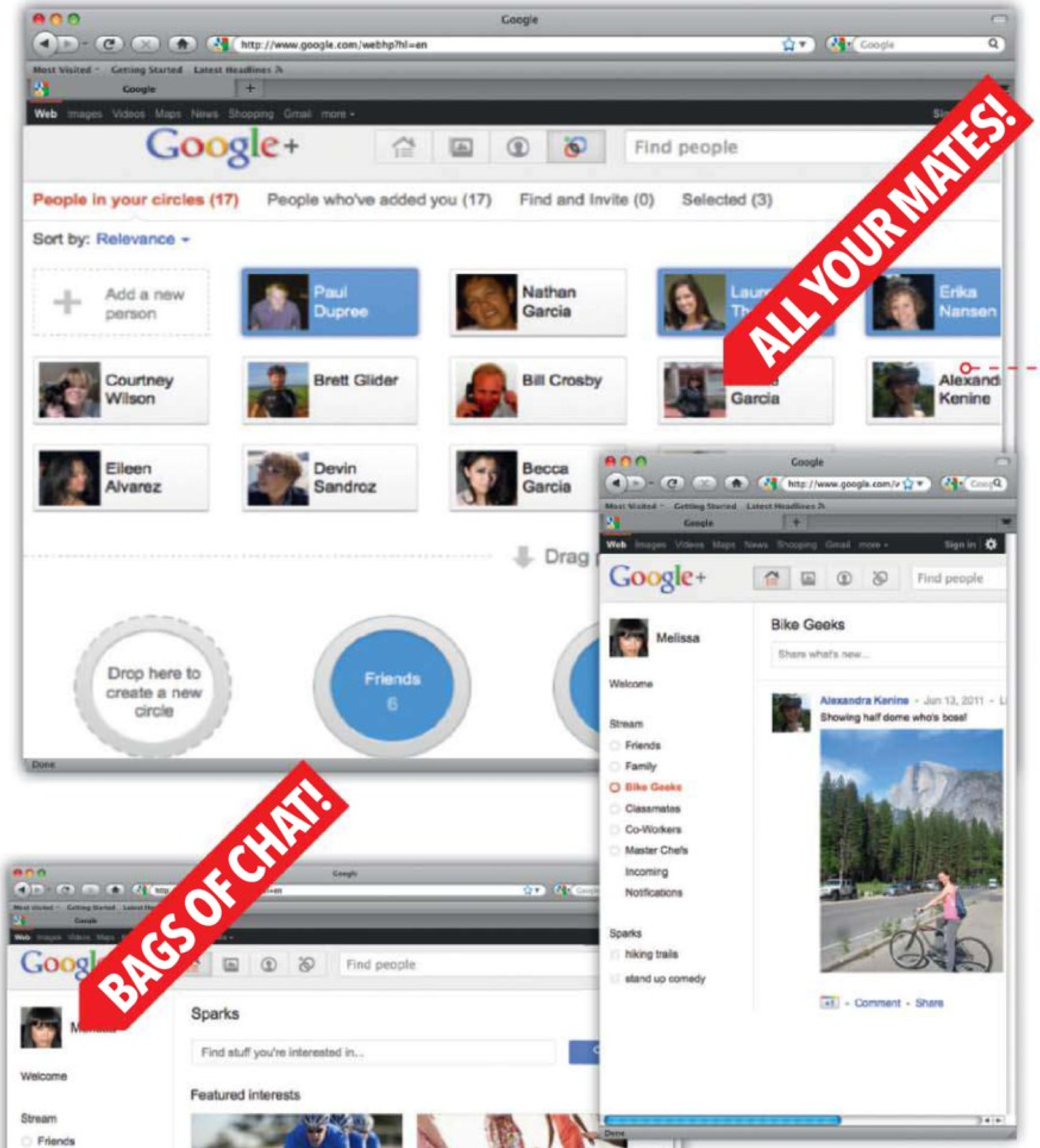
LEATHER SEATS!

"But there's nowhere for my iPod to go!"

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Google's Facebook killer arrives!

Five reasons Google Plus could give Facebook the elbow



Internet chaps Google last week finally released their Facebook-challenging social network service. Called Google Plus (Google+), it's a social-networking app that could stomp on Facebook's virtual monopoly. Sign up at www.google.com/+/learnmore/ for a look. It's proper good. And here are the reasons why.

IT'S EASY!

It's got all the expected status updates, picture and web-sharing stuff but rather than blanket access, you can organise your friends into "circles" – family, drinking buddies, work mates etc, and share certain stuff with only the circles you want.

IT'S PRIVATE!

Facebook have very famously been… well, not completely up front about your privacy levels. With Google+, privacy settings are clear, straightforward and not suspiciously murky.

IT'S CONNECTED!

On sign-in, Google+ connects all your stuff – Google docs, calendar, Gmail – in one place on one screen, and all your notifications across the apps come to one place. Handy.

IT'S WEB-CONNECTED!

Well, *duh*! But the new thing is "Sparks". Express an "interest" in, say, Arsenal FC and it'll deliver Arsenal-centric content to the screen for you and your chums to chat about. Or discover new chums through.

IT'S GOT VIDEO!

"Hangouts" is an always-on video-conference set-up where you can link up to six webcams together. You can also select your level of contactability, for less social embarrassment if you ignore a call/invite.

WORDS: RORY BUCKERIDGE

FROM THE STUDIO THAT BROUGHT YOU 300

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★★★★★
News of the World

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Daily Mirror





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A QUICK WORD WITH...

Alan Carr

The Chatty Man on Cheryl Cole, Sunday dinners and naked radio!

Hi Alan! Now that *Alan Carr: Chatty Man* has moved from a Sunday to a Friday, are you looking forward to catching up on the chance to have a proper Sunday dinner? I do love a good roast dinner. But not an Aunt Bessie's Yorkshire Pudding Roast Dinner For One, that's too sad! What I do is get the Aunt Bessie's parsnips, Aunt Bessie's Brussels sprouts and Aunt Bessie's Yorkshire pudding. You get the individual ingredients and bake them up – it makes it a bit less sad. Just piercing the film and waiting for the ping of the microwave is the worst sound you can hear when you're on your own on a Sunday.

Can you tell us what guests we can expect to see in your new series? I can't tell you who the guests are just yet. You know when someone says that, it normally means that the guests are rubbish? Well, they're not. I've just got to keep shtoom.

Are you really planning to kill off Paul O'Grady so you can be queen of TV? I actually said I was going to kill off Graham Norton and the papers turned it into Paul O'Grady! My PR lady said, "What's this about you threatening to kill Paul O'Grady?" I actually said Graham Norton. But I'll go with it. Yes, I'm determined to kill Paul O'Grady. Once he's out of the way, I will be queen!

We know you're a big *X Factor* fan, so what do you make of Cheryl Cole being booted off the US version? Poor old Cheryl, sitting at home. One minute she's got it, then she ain't got it. It's horrible. Maybe her hair is too big. I think she goes to the same hairdresser as Justin Lee Collins.

Back on the UK *X Factor*, they've brought in Tulisa from N-Dubz to be the new Dannii Minogue. How do you think she'll do? She's definitely feisty. I'm sick of the old, "You're a dark horse!" and all that. Cheryl and Louis tend to say the same things over and over, which gets on my nerves. The show needs someone a bit fiery.

How about Gary Barlow? I hope Gary isn't too nice. He's a lovely person but I want him to be a right bitch. I want people in tears!

Are you disappointed they didn't ask you to be a judge on *The X Factor* or *Britain's Got Talent*? I called Piers Morgan a vile pig, so I don't think I'd be too welcome on *Britain's Got Talent*!



X FACTOR FAN!

"Siamese twins? Pah! We're Siamese quadruplets!"

"I wouldn't kill Paul O'Grady. I'd kill Graham Norton!"

Michael McIntyre is just brilliant on it. It's great to have someone who's actually lived it a bit and knows what the contestants are going through.

Why don't you start up a reality show called *Britain's Got Gay Talent*? You could be a judge on that! That's a great idea! Me, Graham Norton, Paul O'Grady and Gok Wan could be judges. It couldn't get any camper. Ha-ha!

Will you and Justin Lee Collins ever get back together? The thing is, we've both got exclusive deals. I'm on Channel 4 and he's on Channel 5. But maybe when our careers are on the skids, we'll have a little jewellery range on QVC. I'd work with him again. He's in Bristol a lot of the time, though, and I'm here in London.

Maybe you could do a road trip down the M4 between London and Bristol and film that for a TV reality series? We could get the Megabus! I'm not sure any channel would want it, though. It'd probably just go straight to DVD!

No offence, but you don't exactly have the world's most manly voice. Have you ever been mistaken for a woman? All the time! I broke down in my car and I rang up the RAC and they said, "Put a blanket around you. Are you taking any medication?" I think they thought I was an old woman!

Or perhaps it was because they recognised you? Ha-ha! They probably thought, "That Alan Carr always looks a bit cold and is probably on medication." That's why they recommended the blanket!

Thanks, Alan! You've got a show on Radio 2, too. Do you ever present it naked? No, because there's a webcam. Melanie Sykes once came on wearing a sparkly bra. I went, "Oh, that's nice!" and she pulled up her top to show me, forgetting she was also on the webcam. Website viewers got a very welcome sight!

Alan Carr: Chatty Man is on *Channel 4 every Friday at 10pm*

INTERVIEW: REESE ESPOSITO/FAMOUS PHOTOS: CELEBRITY PICTURES, WENN

"What do you mean 'I should have gone to Specsavers'?"

CHATTY MAN!

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Batman's sweet new ride!

The Dark Knight continues his love affair with Lamborghini's speedsters!



Everyone knows that Batman's company car is the Batmobile, but Bruce Wayne's day ride in the new movies has consistently been a V12 Lambo. After a Murciélago Spyder in *Batman Begins* and a Murciélago LP640 in *The Dark Knight*, it's no surprise that Wayne's upgraded to new supercar, the Aventador for *The Dark Knight Rises*.

These shots of a Gotham City-plated Aventador in "Batman silver" purportedly on the set of the new movie appeared on a car-fan forum, then were swiftly taken down. But if we were multimillionaire Bruce Wayne, we'd certainly be splashing our cash on the 217mph motor!



And this is his "other car"?

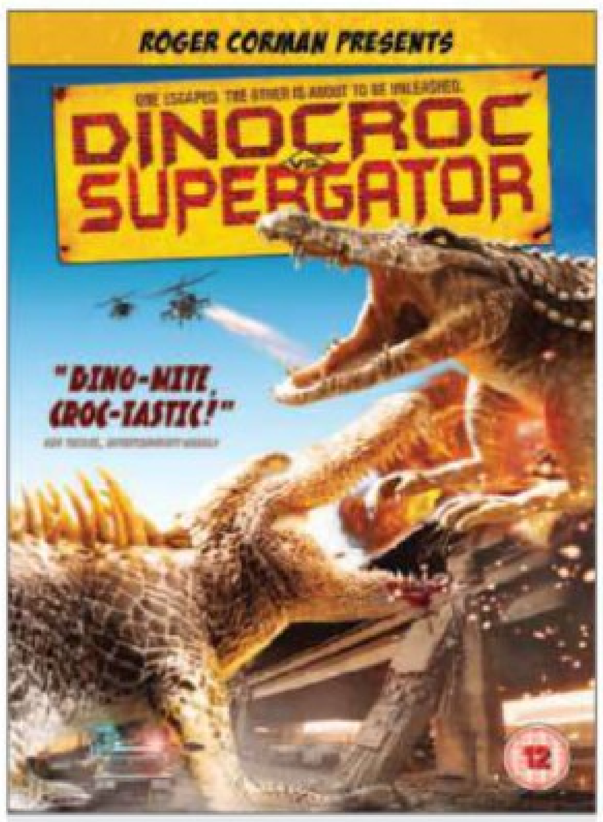
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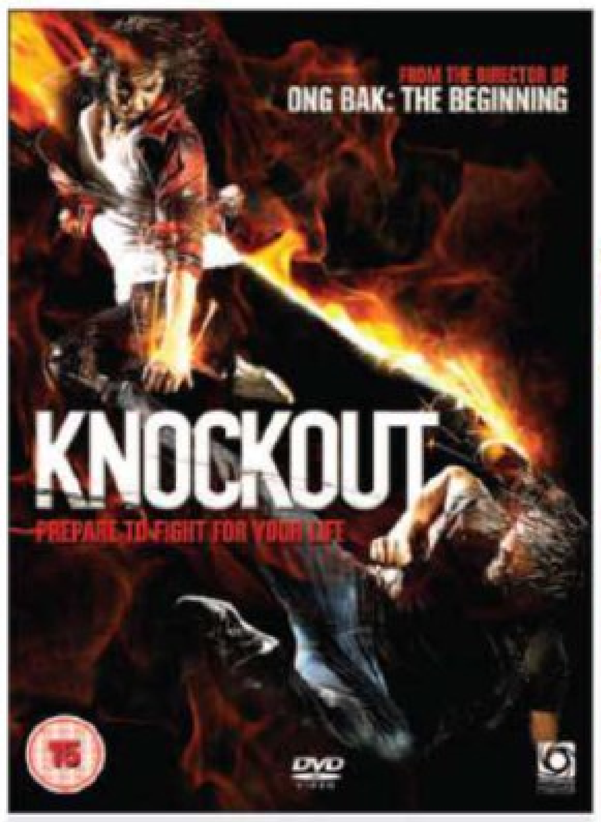
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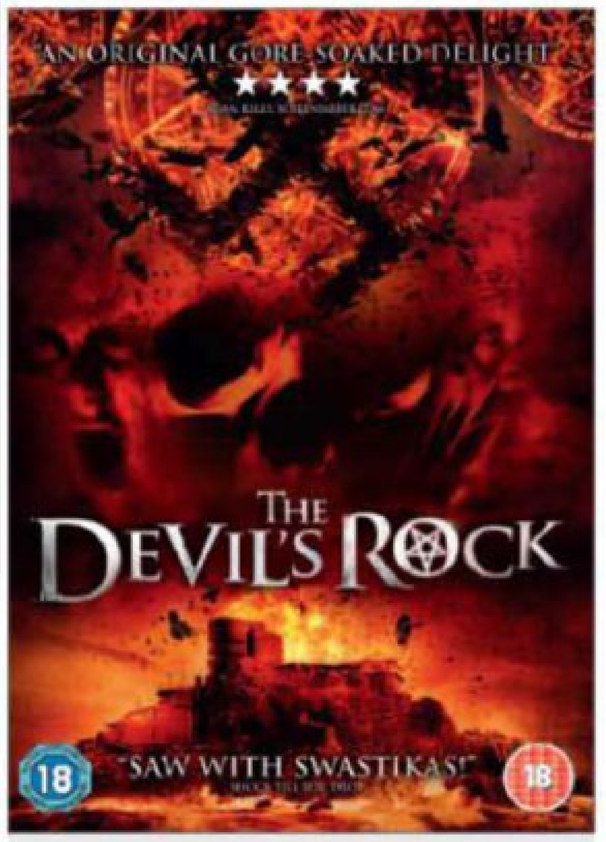


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ONLY IN Nuts!

JIM JEFFERIES! GOES NUTS!

It's the most offensive Aussie on Earth!

'Cops who don't swear are f**king c**ts!'



Cop an earful

Good news, f**kers! Scotland Yard has decided that it's OK to swear at cops – you can say words like f**k, sh*t, c**t and other words that those c**ts at *Nuts* make me put asterisks in. About f**king time. I'm sick to death of the notion you shouldn't swear in front of cops – they swear in private, right? And if they don't, then they're complete c**ts. The idea of a cop telling you not to swear is ridiculous. You're being arrested! If that's not an appropriate time to call someone a f**kin' c**t, then what is?

Heated discussion

It's hot in Britain. F**king hot. As hot as it's been for five years. But don't freak out like you Poms normally do. You'll be fine. You whinge when it's cold, when it rains, and then, when you get old, you all f**k off to Spain. Global warming's the best thing to ever happen to the UK! You're the next Australia. While all those other c**ts in hot countries get skin cancer and die, you guys are the future. Soon you'll have tans, and I mean real tans, not that weird "Liverpool orange".



"This is the fourth time I've caught you two cottaging"

"You're being arrested! Call someone a fking c**t!"**

Chuffin' absurd

But when it does get hot, you c**ts need to learn to deal with it better. Last week, the trains in the north-west stopped because "the tracks had expanded". Well, boo-f**king-hoo! In autumn, British trains stop 'cos of leaves on the track. In winter, it snows for a couple of days and they stop again. By my calculations, trains in Britain only work in perfect 18-degree conditions – any more, any less, and they're f**ked! Besides, the tracks expand in the heat because they're metal, right? So shouldn't the metal train expand as well? It's simple f**kin' science!



"Yeah, his manly musk is really turning me on!"

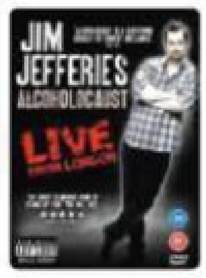
Stevie 300-G

Liverpool football c**t Steven Gerrard has been getting flak for taking legal aid of over £300,000 from the government when he earns £130k a week. First off, he was proven innocent so he shouldn't have to pay. But the real criminals in all this? The f**kin' lawyer c**ts charging him £300k in the first place!

App-ealing

I just read that there's a new app for the iPhone that tells you if you're hot – sexy hot, not stop-the-f**kin'-trains hot. It checks the symmetry of your face and then says "hot" or "not". They tested Kate Moss and Angelina Jolie, and they came out as average. Fact is, you already know if you're hot and, likewise, you know if you're ugly. Do you get f**ked a lot? Then you're hot.

Jim Jefferies: Alcoholocaust Live is out now on DVD



PHOTOS: CLAY ENOS, REX, ALAMY

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DON'T LOOK!

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'I tore off a circle of skin!'



Heston's new dish looked a challenging prospect

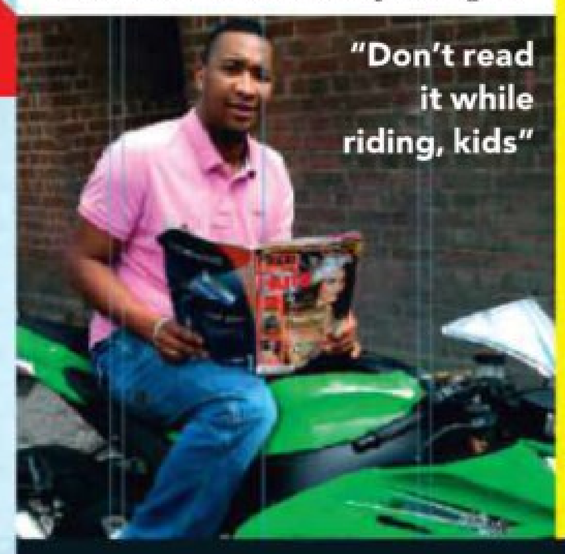
Bike smash has reader in stitches!

It might look like the topping has slipped off his Domino's, but the story of Dale Smith's thigh is rather less appetising!

"A car pulled out and my bike smashed into it, and I went flying through the air!" recalls Dale, 24, from Harrow. Before he even hit the deck, Dale's handlebars scraped off a hefty section of his thigh.

"I hit the ground hard, but still got up. That's when I noticed there was a perfect circle hanging off my leg!"

Luckily, specialists were able to do a skin graft. "It's not quite the right shade yet, but it's better than it looking like a pizza!" he jokes. Er, we think we'll have curry tonight!



WORDS: SI CUNNINGHAM *EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 72 APPLY

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Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to **dontlook@ipcmedia.com**

Nuts GEAR

G155 Gaming Mobile Environment

www.firebox.com

Nuts says: Games console carrying case that also works as a portable player. Flip it up, plug the console into the built-in screen and off you go!



£300

Aquapod Bottle Launcher

www.firebox.com

Nuts says: Great summer time-waster. This device fires half-full plastic bottles 30 metres in the air. If that fails to amuse, you have no soul.



Fired bottles should clear 30m straight up – joy unconfined!

£25

Xbox 360 Speed Wheel

www.xbox.com

Nuts says: The 360's official racing wheel is so movement-sensitive, it even rumbles if you kiss a curb. By "kiss" we mean "violently wipe out on".

£45



Phil Jagielka and Joe Hart will wear this boot next season

£130

Umbro Geometra

www.umbro.com

Nuts says: For midfield generals, a foam "pass pad" on the instep aids control, while the studs are designed to make turning easier.

Check out more reviews at www.nuts.co.uk/reviews

WORDS: RORY BUCKERIDGE

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YOUR LETTE

The hilarious highlights of our postbag this week!

Send your Letters to nutsletters@



Top mag man!

Dear Nuts,
I have a fairly large collection of *Nuts* mags. Rather than throw them away, I'd like to donate them to the chaps out in Afghanistan. Is there any way you could help out?

Steve Holley, via email

What a generous idea, Steve! We'd be happy to help you send your mags to our deserving Forces. If anyone else would like to find out more about how to do the same with their old copies of *Nuts*, email pete_cashmore@ipcmedia.com

The king of all pranks?

Dear Nuts,
When my sister and her boyfriend were on holiday, I used 34 rolls of clingfilm and six industrial rolls to wrap up every item in their home!

Keiran Redriff, via email

This pic is only one of many! Go to tinyurl.com/63w82qk to see more of Keiran's mega-prank!

LETTER OF THE WEEK!



The House Condom – stopping the property explosion in its tracks



"Reader's Digest fan, are we?"

Take that, Llewellyn-Bowen!

Dear Nuts,
I recently moved in with my girlfriend and couldn't work out how to decorate my room. Then it hit me! I'd use my *Nuts* collection to give the place a rather fetching makeover.

Jack, Grimsby

Hmm, that *Nuts*-covered bed is an avalanche of paper cuts waiting to happen. You may find that you get home sometime soon, Jack, and your missus has redecorated without warning.



"Anyone? Please!"

Give us headlines!

Dear Nuts,
This is why I love Sky+. A quick application of the pause button and you get hilarity like this!

Leon, via text

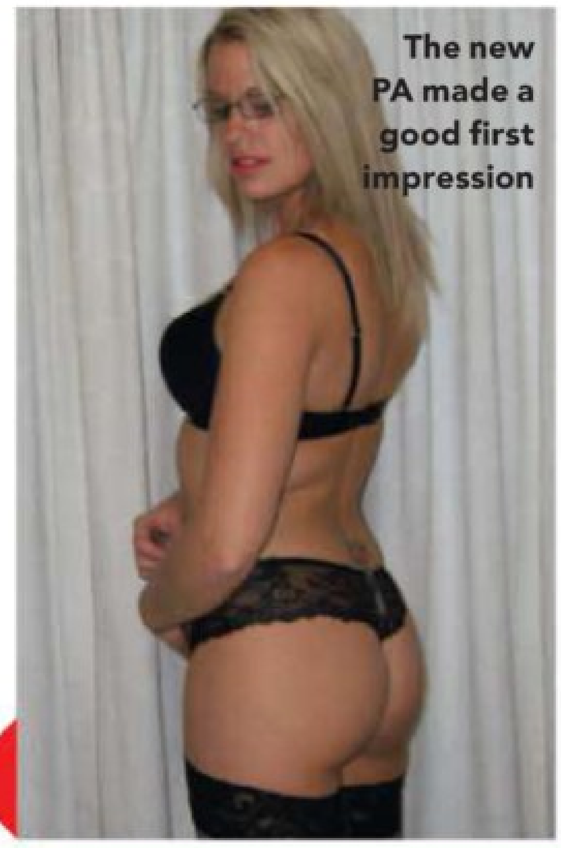
Nothing hilarious about this, Leon. Deadly serious stuff.

The attractive face of desperation

Dear Nuts,
I'm desperate for a *Nuts* vest as everyone on Facebook wants to see me wearing one. Can you help?

Joanna Hamilton, Hurst Green

Readers, what do you think? Would you like to see Joanna here in a tight, clingy *Nuts* vest? It's up to you. Email us saying "Give Joanna a vest!" if the answer is yes!



The new PA made a good first impression

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STEALTH BUMMING CORNER!

ONLY IN Nuts!



"This is me at the RREC rally at Rockingham Castle."

Shawn Chattaway, via email

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RS!

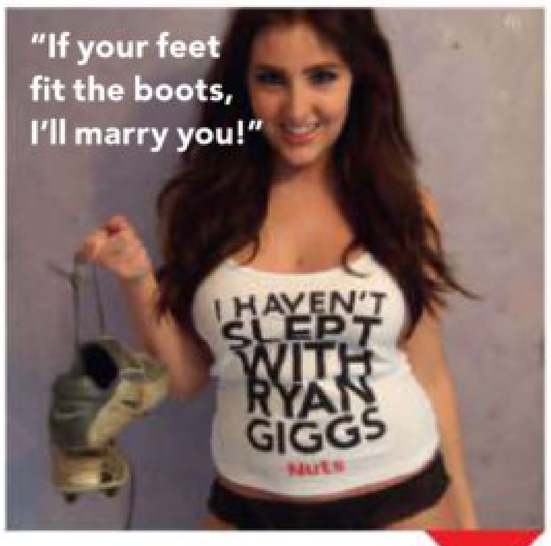
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CAMERAPHONE CUTIES!

Sexy snap-happy babes!

Send us your pics! Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008***

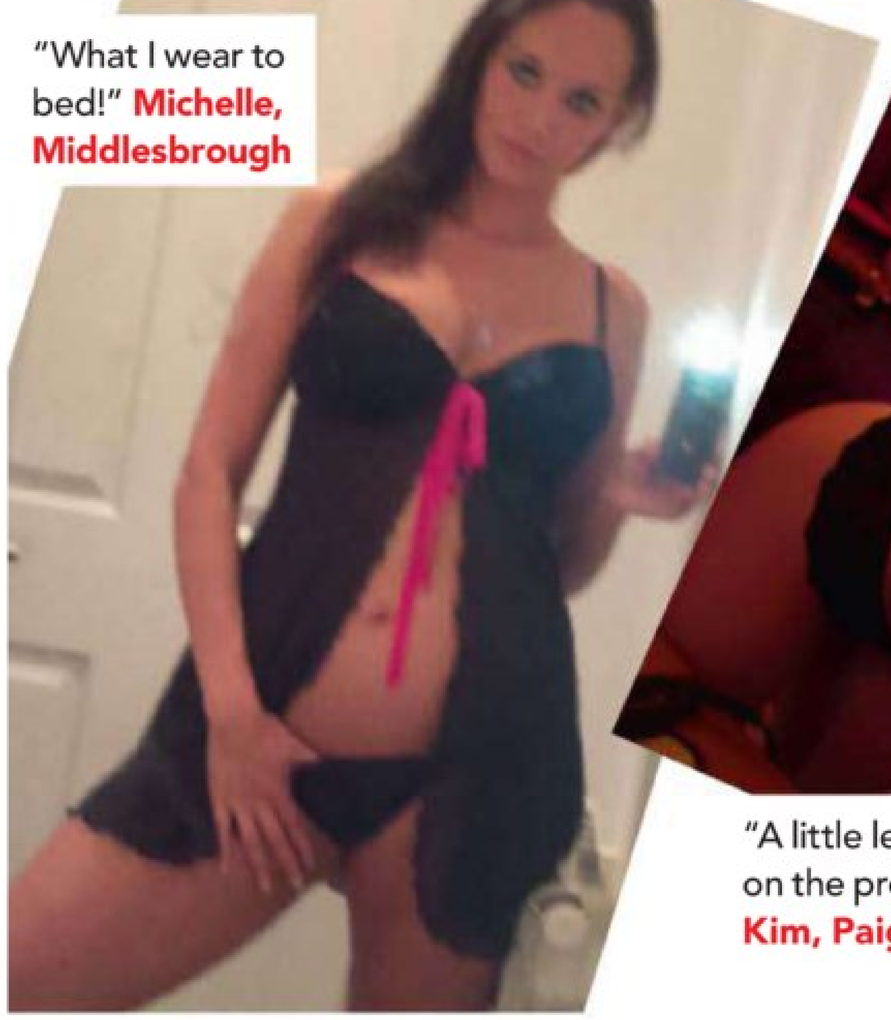


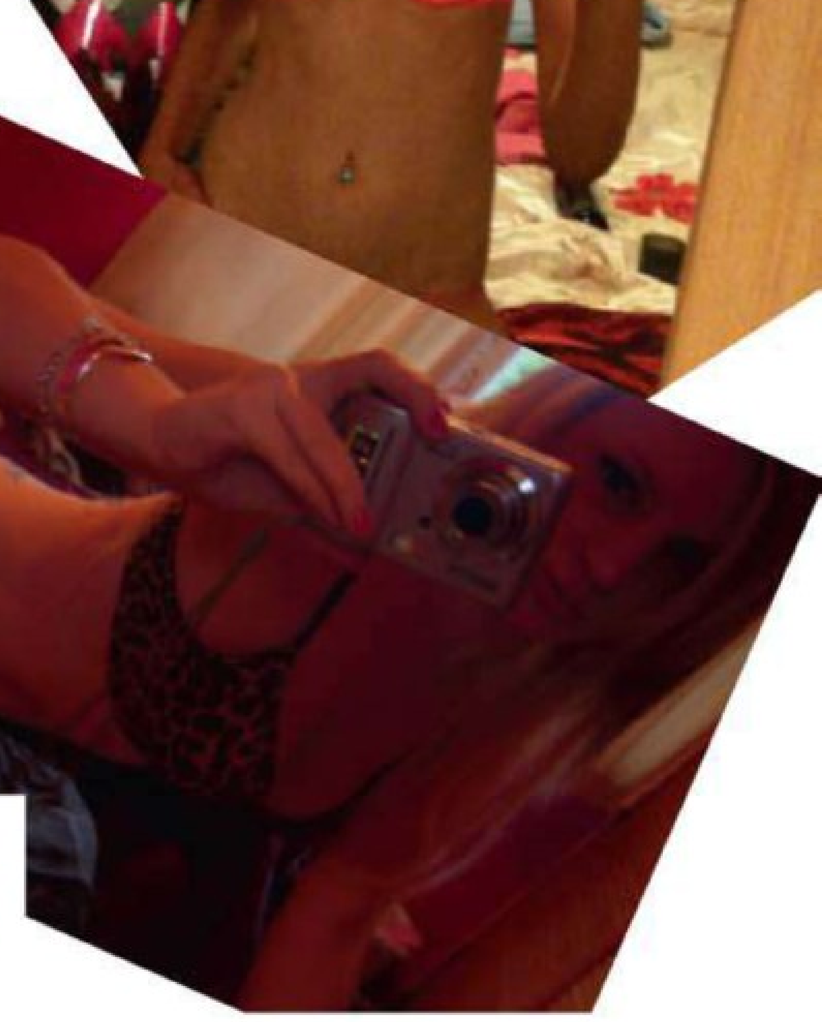
Ryan wear!

Dear Nuts,
This is me in my "I Haven't Slept With Ryan Giggs" vest. It's my new favourite garment!

Emma-Louise Trott, Brighton

Thank you! And remember, you can get vests and other Nuts gear at www.nuts.co.uk/giggs


"What I wear to bed!" **Michelle, Middlesbrough**


"Totally in the pink!" **Danielle, Newcastle**

"A little leopard on the prowl!" **Kim, Paignton**



YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcme

SHORT JOKES!

Q: Why did the scientist fit a door knocker?
A: He wanted to win the no-bell prize!
Danny, Lincoln

Q: What's red and bad for your teeth?
A: A brick!
Tom Porter, Hayes

I went to the zoo the other day. There was only a dog in it – it was a shih-tzu!
Harry, via email

On recount, Ryan Giggs has actually had 23 titles – if you include Miss Wales!
Terry Scott, via email



Brotherly love

Two blokes are in the pub when one solemnly says to the other, "I found my wife's diary the other day. I read all about her rough and dirty sexual fantasies, all involving anal."

The other fella replies, "Well, that's a result, isn't it? Why the long face?"

The husband says, "Because she's dyslexic and my brother's name's Alan!"

Mo, via email

Jaws for thought

A nurse has a new patient with broken arms and legs. "What happened?" she asks.

The patient explains, "I borrowed a mate's *Jaws* DVD and when I didn't give it back, he had some men beat me up!"

"What a bad friend!" the nurse exclaims.

"Yes," replies the injured bloke. "It's the last time I go to a loan shark!"

Patrick Walker, via email



Working girl

A man comes home to find his wife packing her suitcase.

"Where are you going?" he asks.

"I'm going to London because I've heard ladies of the night get £400 for what I do for you for free," comes the reply.

The man starts packing his case, too, so his wife asks him, "And where the hell are you going?"

The husband replies, "I'm coming with you to see how you're going to live on £800 a year!"

Mick O'Brien, Merseyside



Password prat

A dimwitted bloke goes to see his workplace's IT department because he's forgotten his password.

The IT bod retrieves it and says, "According to our records, the password you chose was MickeyMinniePlutoHueyLouieDeweyDonaldGoofy – why pick one so long and hard to remember?"

The hapless bloke replies, "Because company policy states that it has to be at least eight characters long!"

Ross Hudson, Stockton

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Win a 42in TV!

To celebrate the launch of their GB Football Dream Team game at www.skysports.com/WashandGoDreamTeam, Wash & Go are offering this week's best joke* a 42in TV and loads of Wash & Go Sport 2in1 Shampoo and Conditioner!



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dia.com or to the address on p72

Fail Mary!

A man visits a priest. "Forgive me, father, for I have sinned," he says. "I've spent the week having energetic and adulterous sex with half a dozen pretty ladies."

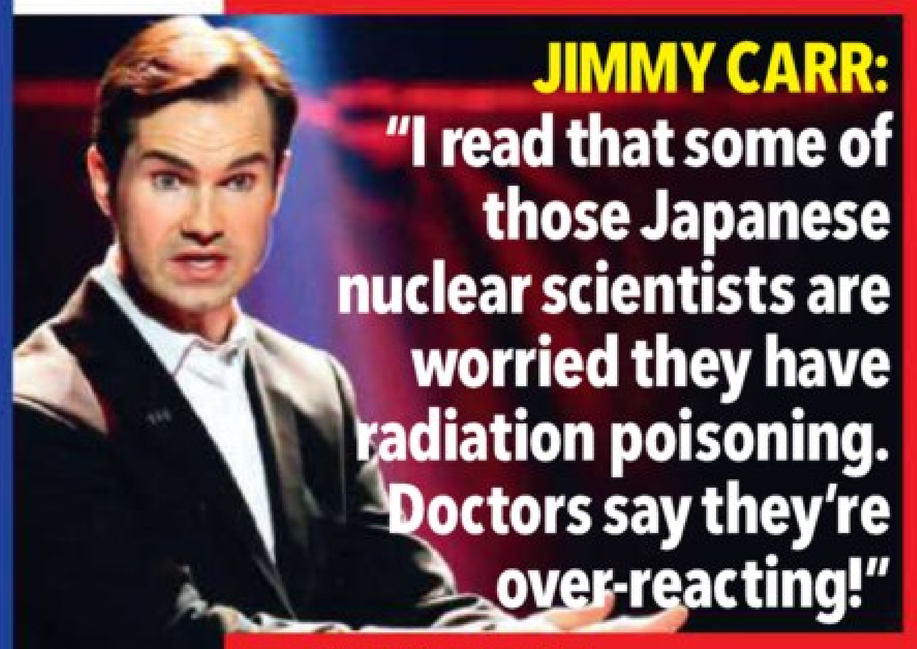
The priest responds, "No need to fret, my son – all you need to do is go and buy seven lemons, squeeze the juice into a glass and drink it."

"Will that cleanse me of my sin?" asks the bloke.

The priest responds "No, but it'll wipe that stupid grin off your face!"

Joe Thomas, via email

FAMOUS BLOKES' JOKES!



JIMMY CARR:
"I read that some of those Japanese nuclear scientists are worried they have radiation poisoning. Doctors say they're over-reacting!"

JONATHAN ROSS:
"Channel-hopping, I noticed *When Piers Met Cliff Richard* was on. I'd rather watch *When Andrew Marr Sucked His Own Balls!*"





TIM VINE:
"I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again!"



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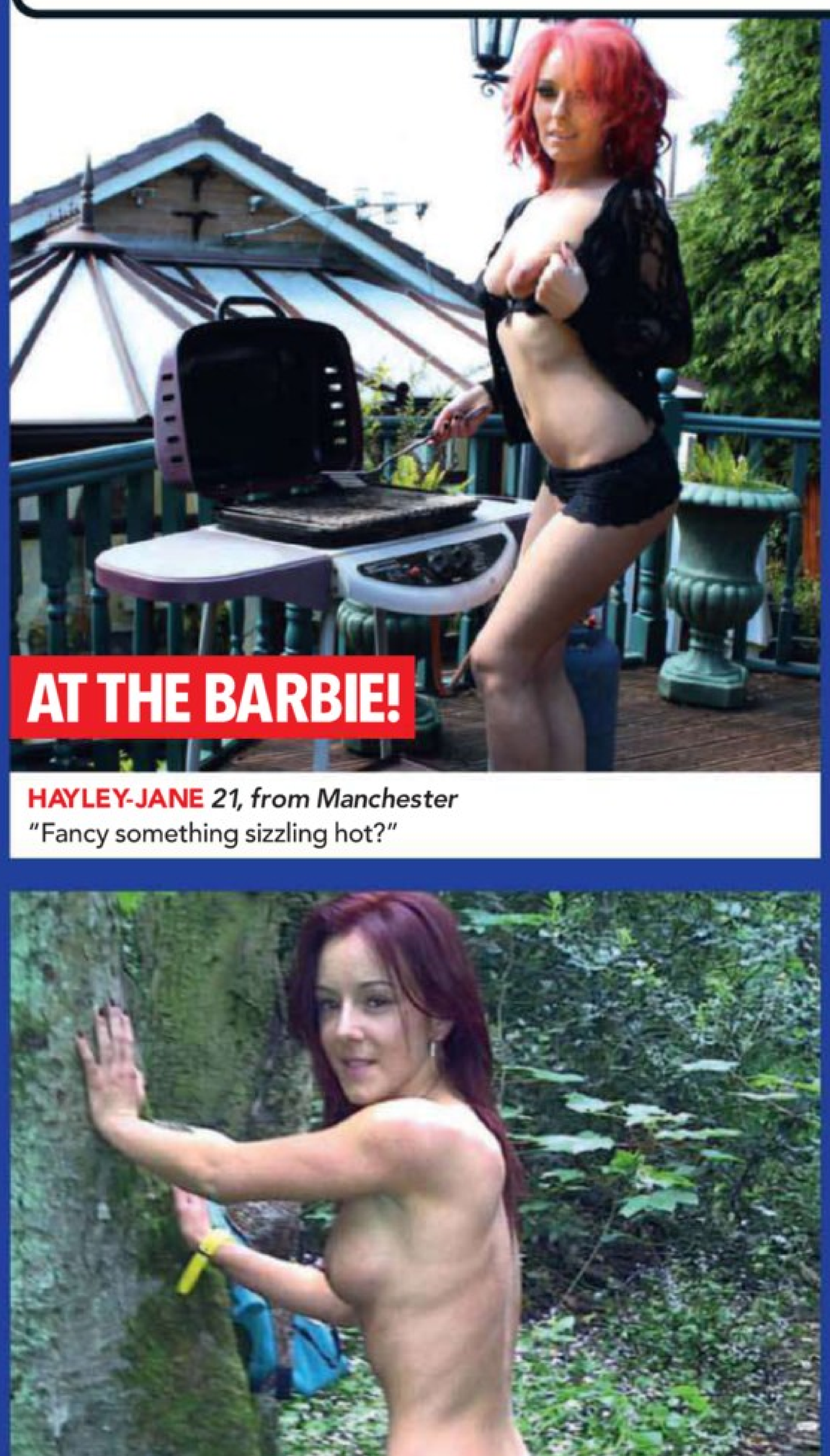
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Have a cheeky flash – and earn some cash!

Email your pictures to **nutspopout@ipcmedia.com**



AT THE BARBIE!

HAYLEY-JANE *21, from Manchester*
"Fancy something sizzling hot?"



ON THE BEACH!

JADE *21, from Scotland*
"I was lounging around when I decided to give them an airing!"

THIS WEEK'S £100 WINNER!

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IN THE WOODS!

KERRI *21, from Middleton*
"In a forest clearing, my boobies were appearing!"

Win £100!

All printed pics get a *Nuts* vest-and-shorts combo. The winner gets £100!* Send your snaps to **nutspopout@ipcmedia.com** or by text to **0771 388 8008**.

IN THE CAR!

MICHALA *25, from Bolton*
"I pulled the car over for a quick pop-out moment!"

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CAMERA PHONE COMEDY!

ONLY IN Nuts!

Seen something daft? Snap it, send it in and win £100!

Win £100!

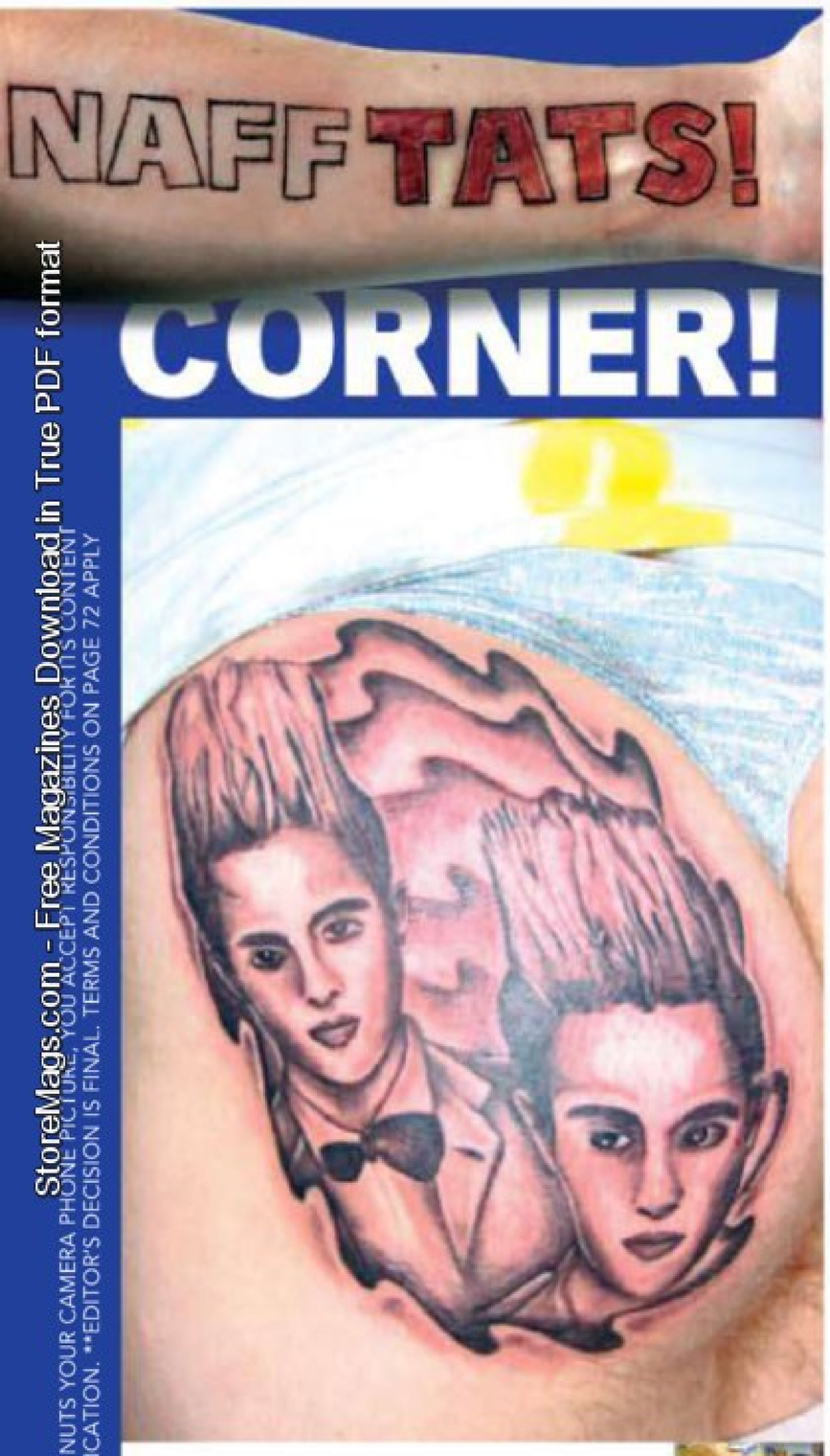
Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 72.



"Here I am, executing a sneaky JCB plank!" **Dave, Leicester**

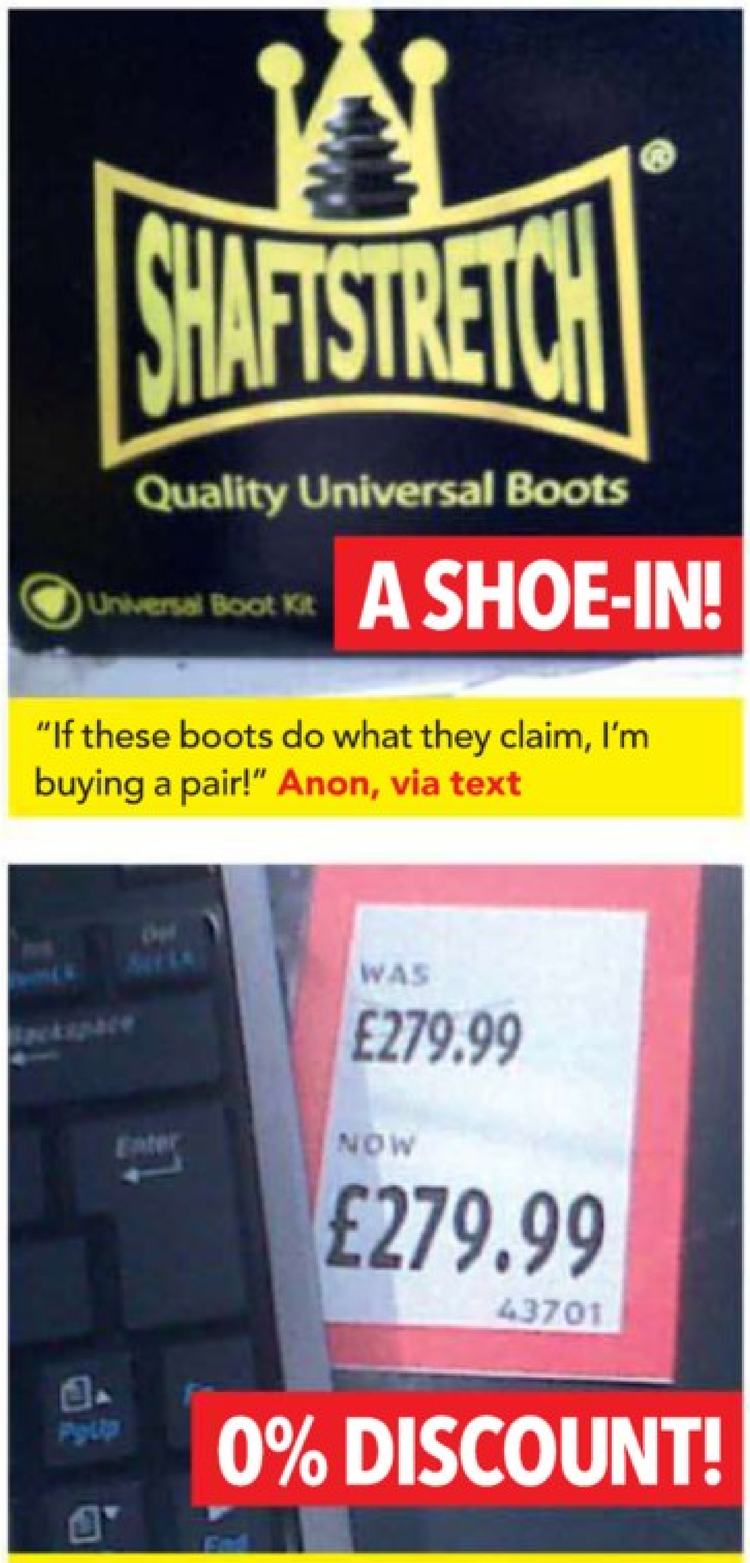


"Is that 'haddock plaice' or a street name in a red-light area?" **Chapman, Shrewsbury**



"I got it to raise cash for charity so that makes it worth it, even though I hate it!" **Ash, Sudbury**

"The receiving dog doesn't even seem to notice what's going on!" **Anon, via text**



"If these boots do what they claim, I'm buying a pair!" **Anon, via text**

"This is how I ruined my sister's 17th birthday. Ha-ha!" **Anon, via text**

"Truly, the greatest special offer in the history of special offers!" **Anon, via text**

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DANNI ORSI





She's the lady who'll have you glued to your TV for the next few weeks!

Lesbians: aren't they great? Yes, they are! Which is why we're thrilled that Channel 5 is launching a lesbian reality show called *The Candy Bar Girls*. And here's the show's star! 22-year-old lesbian pole dancer Danni Orsi is so hot, our face nearly melted when we saw these shots! ➡

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DANNI ORSI







Hi Danni! You're about to become the star of a new reality show about lesbians, so what the devil can we expect? Hi! It's all about the lifestyles of the girls who work and hang out at a place called The Candy Bar in Soho, in London. It's all very exciting and very real, so there are no scripts and you're going to love the characters in it!

So you're a bona fide lesbian, and not just faking it to be on telly or anything silly? No way! I'm 22, I haven't slept with a guy for four years, so you can take your answer from that! I love the ladies and I'm pretty sure I could tell you a few stories that would prove my sexual preference credentials to you!

We like stories... Ha! OK, but I might have to censor myself a bit! I once got some PVC underwear as a present from a lady friend. I told her that I'd be wearing it and having a rest on my couch, and that I'd left a key for her to get in and... er, "wake me up". That turned into a very hot and sweaty afternoon! I like role-play very much.

When did you decide you were going to plump for ladies? I've always known, I think! I'm really sorry, guys, but when I had sex with men I used to close my eyes and think about women. When I got to university, I went out of my way to find a girlfriend. That's harder than it sounds, because it's such a particular circle of people to get into. The lesbian community is a whole new world!

Is it like joining a new club, with initiations and stuff? Yes! In a way it is, and once you're in the club that's it. There's, like, all different levels, too. If you're a girly lesbian, you're called a lipstick lesbian and if you've never had sex with a man, you're a gold-star lesbian. But then some girls will be like, "How can you say you're a lesbian if you haven't tried the other side?" So it's all very political.

When was your first dabble in the daisies then? My first dabble? Well, sometimes, girls who are a little bit nervous about it kind of trick each other. So I'd say to a girl I fancied, "Let's kiss and impress the boys!" But then the boys would never turn up!

Do lesbians make better lovers? You know, whatever you are, it's all about having a connection. If you have good sex with someone and you feel that vibe, then you're a good lover, whether you're a man or a woman. It just happens that I only feel that connection with girls!

Why don't you like men? What have we ever done to offend you? Ha! No, no, no! I love a flirt with a guy and I've dabbled with blokes but I just can't fall in love with a guy. I just don't get that butterflies in my tummy feeling with them.

How would you rate yourself as a lover, out of ten? That's not for me to say! I like to get involved and be very hands-on. I'm a team player!

What sort of lady do you go for? It changes but mostly it's all about charisma. I'm into confidence and I like my girl to be talented or good at something. Impress me!

Blonde or brunette? I can't choose, I'm too picky!

Shaved or grizzly? Shaved! Of course!

Inked or not? I like looking at tattoos but I'd never put one on my body. So, yeah, let's go with tattoos!

Should all ladies have a fiddle with the fairer sex? Definitely! How can you know what you're missing if you haven't tried it? Especially while you're young and have no commitments. Give it a try. You might just find that you love it!

OK! Thanks, Danni! Finally, what will this show teach us about lesbians? I don't feel like I can speak for the whole lesbian world but I think you'll find that, while we can be emotional and slightly bitchy, we're also hot and sexy. There are going to be so many little story twists along the way, so I'm sure you won't be able to stop watching! ■

The Candy Bar Girls, *Thursday 7 July, Channel 5, 10pm*

INTERVIEW: SI CUNNINGHAM PHOTOS: ZOE MCCONNELL STYLING: HOLLY FROST HAIR & MAKE-UP: LISA HARRIS LINGERIE: ANN SUMMERS



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Steven Seagal

The legend on seagulls, ponytails and his new show!

Hi Steven! You're in a new TV show, *True Justice*. What's it all about? I've been a police officer for over 20 years. [Seagal is a real-life Reserve Deputy Chief in Jefferson, Louisiana – Facts Ed.] So I've tried to write something authentic. There's kidnappings, murder, mutilation, human trafficking – all kinds of crime.

So you wrote *True Justice* as well as starring in it? Did you have to audition yourself for the part? [Very seriously] I guess that's British humour, but no.

Your lady undercover cops, Meghan Ory and Sarah Lind, are a bit of alright. Doesn't having two hotties for workmates put you off? They're two very beautiful young ladies. It's hard to get people who've never done combat and teach them how to act and look like a cop. But they all did very well.

Some of *True Justice* is set in Seattle. Seattle's famous for Starbucks and Microsoft. If you saw Bill Gates getting into trouble, would you help him out? Well, certainly. But that would depend on who was doing what. I'd have to know that to answer the question.

You're in a band called Thunderbox. What are they like? They're an all-black band from Memphis, Tennessee. They're great guys who are all masters of the blues.

Ever been heckled so badly you've wanted to get into the crowd and sort them out? I don't mean to be rude. We've done thousands of shows, we've played in the UK, and 100 per cent of the shows everybody's having a great time. I don't know why we'd get any heckles.

You've trained UFC fighters Silva and Lyoto Machida, both of whom use Seagal kicks to win fights. Would you like to train full-time? I'm a fighter, I'm a warrior – I enjoy training my brothers and my sisters.

Is there anything in the world of martial arts you can't do? How about punching someone's heart out and giving it back to them in a doggy bag? I don't expect you to understand this but let me explain. When you've been doing martial arts all your life, you learn your advantages and disadvantages by virtue of your body type and the way you think. Because I'm 6ft 5 there are a lot of small-man techniques that I wouldn't do. I've spent 60 years perfecting kicks because my legs are very long. I was born with speed and agility. I try to not work on the things I can't do but work hard on the things I'm good at.

"I'm a warrior – I enjoy training my brothers and sisters!"

Fair enough. How about your ponytail? It's almost as famous as you are. If you cut it off, would you lose all your powers? I did cut it off, many times. If they say, "You're playing a military captain or Special Forces guy," they don't have a ponytail.

Surely a ponytail's a terrible idea if you're getting into fights because people can just pull it? Why don't you wear a clip-on one instead? As I said, I haven't had a ponytail for many years.

Did you really once beat up James Bond? [Seagal supposedly broke Sean Connery's wrist while teaching him martial arts for *Never Say Never Again* – Facts Ed.] I don't remember doing anything like that. If it did happen, he may have been striking for me and hit me instead.

Why weren't you in *The Expendables*? Everyone else was! One of the people involved in the movie financing was an immoral individual and I didn't want anything to do with him.

You collect samurai swords. Does Mrs Seagal nag you when you leave them out over the kitchen floor? I don't have a lot any more. I probably have seven or eight in different houses.

Is there going to be an *Under Siege 3*? Oh, go on! I'd love to, but there have been problems between the film studios, even though everyone'd like to do it.

Do you sit at home and watch your own movies? No.

What happens if you're watching telly and one comes on? I usually turn the channel. I've lived it once – that's enough.

If you had a pet seagull, would you call it Steven? [Extremely seriously] Is this more of your British humour?

Indeed! If we were going to fight you, how could we defeat you? I'd want to look at your body type, your weight, your personality and only then would I know what you're going to be good at and what you're going to be bad at. How tall are you?

About 5ft 8. 5ft 8? How much do you weigh?

About 12 stone. So, er, 168 pounds. Are you fat and agile?

Er, I'm a bit fat. And not very agile. Are you strong?

Er, not really. In that case, I think you'd better run, rather than fight! [Breaks into hysterical laughter!]

Thanks, Steven! You're full of mystical wisdom. What piece of life advice could you give us right now? Try to be a good human being, take care of your family, be ethical and win in life without f**king people over! ■

True Justice *starts on 6 July at 9pm on 5USA*

INTERVIEW: RICH PELLEY

"Anyone else fancy slagging
off *Half Past Dead*?"

ACTION LEGEND!

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50 outrages

Politicians, celebrities, masturbation and, of course, Osama bin Laden – 50 comments that caused outrage

JIMMY CARR

1 "My girlfriend used to get upset because I left the toilet seat up. So I don't do that any more. I put it down. But there's no winning with her. Now she gets annoyed because it's covered in p*ss"

2 "Nato jets have been bombing the sh*t out of Tripoli. But, the sh*t still refuses to leave office!"

3 "I've just read Madonna is giving up Kabbalah. Already? Hasn't she only just adopted her?"

4 "A Brazilian woman has turned 114. She's officially the world's oldest person. Now, there's a photo in the press but I don't want to see a 114-year-old Brazilian!"

CHRIS ADDISON

5 "Final Bin Laden tape released posthumously. Starts all 'Death to the West', ends 'Hang on, there's someone at the door'"

DARA O'BRIAIN

6 "Comedy these days has to be nice. Didn't always have to be, but then Jonathan Ross and Frankie Boyle fked it up!"**

FRANKIE BOYLE

7 "How would you kill Wayne Rooney? If you put a bullet through the middle of Wayne Rooney's head, all that would happen would be that he'd whistle when he ran"

8 On *Deal Or No Deal*: "If I wanted to sit around watching people open empty boxes all day I'd spend Christmas morning round at Kerry Katona's house."

9 "Amanda Holden – a woman with a face like haunted Tupperware"

JACK WHITEHALL

10 "If Bin Laden had wanted no one to find him out for a little longer, perhaps he should have considered an affair with Imogen Thomas."

11 "Tara Palmer-Tompkinson's nose is in such a state, Mohamed Al Fayed is going to build a statue of her outside Fulham."

PHOTOS: REX, GETTY IMAGES, ALPHA, LNP, PA PHOTOS, CORBIS

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OUTRAGEOUS GAGS!

EOUS GAGS!

there's no topic too controversial for these top comedy chaps!

PATRICK KIELTY

12 "The Vatican has condemned Berlusconi over his underage sex scandal. I'm assuming because the sex was with girls."

13 **"Forgiveness bulimia: no matter how many times you've said sorry, she always brings it up again."**

14 "The tsunami has finally reached the coast of California. Reports say the waves are higher than Charlie Sheen."

ED BYRNE

15 **"My favourite things in the world are sex and sleep. If you could do them at the same time, I'd be a happy man – always envied my girlfriend that trick."**

JACK DEE

16 "I've just seen The King's Speech. Good but a bit long. If he didn't have that stutter, it could have been at least 20 minutes shorter."

RICKY GERVAIS

18 "It's going to be a night of partying and heavy drinking – or, as Charlie Sheen calls it, breakfast"

19 "Some of the flights I take cost £10,000, and for £10,000, in a disaster, I expect the front end of the plane that I'm in to gently break off and float down to a desert island. It doesn't. I die with the rest of you f**king losers. That's not fair, is it?"

SEAN LOCK

20 "Thinking back to when I was a kid, dad built a quicksand pit in the back yard. I was an only child… eventually"

21 "If a man masturbates twice a week, it reduces his chances of getting prostate cancer? I've tallied up my weekly count and I'm immortal."

RICHARD HERRING

17 "How many weeks would you have to attend Holy Communion before you'd eaten an entire Jesus? I like Jesus, I'm just not sure I could eat a whole one"

22 "How do you stop a dog humping your leg? Pick him up and suck his c*ck" ➡

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JASON MANFORD

23 "If someone wants to see my genitals, they'll have to do it the old-fashioned way: either marry me or add me on Skype"



KEVIN BRIDGES

28 "What do you call a monkey with a stick of dynamite up his arse? A baboom!"

29 "I saw a sign that said 'Have you seen this man?' So I phoned up and said, 'No'"

30 "They've opened up an '80s bar in Belfast. Of all the cities you don't want to celebrate, the '80s, Belfast is up there!"

31 "Primark is selling Che Guevara T-shirts. What a fitting tribute to the man's legacy. He fought for the poor and oppressed in South America, now his face is being stitched onto T-shirts by the poor and oppressed in South Asia!"

32 "The French Prime Minister has outlawed the burqa. He's got a different opinion to Italian PM Silvio Berlusconi, who loves to see a woman's face covered. Covered with the stale contents of his 72-year-old decrepit testicles."

EMO PHILLIPS

33 "I got in trouble once on a date – I didn't open the car door for her. Instead I just swam for the surface."

24 "The Pope decided it was alright to use condoms only a few months after coming to the UK. Like he walked round Birmingham, going, 'D'you know what? They are a good idea, actually.'"

ADAM HILLS

25 "I've learned that deaf people are really racist. That's right, and I'm not afraid to say it out loud"

MICK FERRY

26 "I don't like going to bed with skinny women – you wake up in the night and think you're lying on the remote control."

RUSSELL HOWARD

27 "I'll tell you what's never good: when you're losing your virginity and somebody tuts"

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KARL PILKINGTON

34 "People say Calum Best is only famous because of who his dad was. But you could say the same about Jesus."

DAVE CHAPPELLE

35 "'You don't miss things until they're gone.' That can't be right. I don't miss crabs at all."

MICHAEL MCINTYRE

36 "BP lost £15billion worth of petrol during the oil spill last year. Luckily, it was enough to earn them 38 trillion Nectar points!"

JUSTIN MOORHOUSE

37 "You know you're too fat when you've finished ironing your own shirt and you have to bring your mate in to help you fold it."

JOHN BISHOP

38 "Scotland have a cannon they fire at one o'clock, just to let the English know they've got a cannon."

JONATHAN ROSS

39 "At one point last year, I'd had enough – I wanted to be on my own. So I went and saw Ricky Gervais' film, *Cemetery Junction*!"

AL MURRAY

40 "One of the most important things about being British is that God is British – that's why we never get earthquakes. You don't sh*t on your own doorstep"

CHARLIE BROOKER

41 "The Tunisians have ousted president Zine al-Abidine Ben Ali. Hard to say without sounding like the Crazy Frog."

JOE PASQUALE

42 "My granddad was one of the first people to have a pacemaker. He had a little Kenyan boy running beside him all the time!"

DANIEL SLOSS

43 "I don't like conventional relationships. I don't tell my girlfriend she's the most beautiful girl in the world every day. Because she's not."

44 "It's an interesting childhood when your mum considers you the most common form of STD!"

CHRIS ROCK

45 "Even Nelson Mandela got divorced. He spent 27 years being tortured in a South African prison, no problem. He was married for six months and said, 'I can't take it any more!'"

DAVID MITCHELL

46 "In Egypt, the protestors are heroes. In this country, they're just annoying people who give the Churchill statue a Mohican made of turf!"

BILLY CONNOLLY

47 "Two guys are talking and one says to the other, 'What would you do if the end of the world was in three minutes' time?' The other one says, 'I'd shag everything that moved. What would you do?' And he says, 'I'd stand perfectly still!'"

ALAN CARR

48 "I was driving home and a policeman said, 'Pull over!' I said, 'In a minute – I'm on the phone!'"

49 "My 35-year-old neighbour still gets a Valentine's card from his mum. What's that all about? He stopped sleeping with her over 18 months ago!"

TOM STADE

50 "My mom was always on my back, ragging me out that there are people in third-world countries with nothing to eat if I didn't finish my food, and it made me think… 'I wonder if kids in third-world countries think their moms are bitches, too.'"■

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SWEATY CELEBS

WHEN FAMOUS BLOKES GET SWEATY!

Even super-rich celebrity types can't escape under-arm flooding!



STEVE CARELL
It takes some armpit-weeping to sweat through a shirt *and* a suit, but the movie funnybloke has done it. Maybe he'd read a review of *Despicable Me*.



PRINCE HARRY
Be respectful! That's royal armpit sweat and, therefore, better than any other armpit sweat *in the whole wide world*. Quite a lot of it, mind!

PITS OF WALES!



RUSSELL BRAND
To be fair to Russell, if we were sharing a mattress with Katy Perry on a regular basis, we think we'd be perspiring heavily most of the time, too.



ROBERT PATTISON
That sweat patch is the *least* horrible thing in this pic of the rubbish-film-making, dumb-hat-wearing, giving-Brit-fellas-a-bad-name *Twilight* plank!

WORDS: PETE CASHMORE PHOTOS: REX, XPOSURE, CAPITOL, WENN, ALAMY, CAMERA PRESS, PACIFIC COAST NEWS, SPLASH, ALPHA

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TOM CRUISE
Tom's sweat patches are smaller than everyone else's on this list. Which seems appropriate, as Tom is smaller than everyone else on this list.

I'M MELTING!

JASON STATHAM
Movie hardman Jason recently paid £6.5m for a beach house in California. Clearly he saved up all that money by not spending it on Right Guard.

THE HOFF
Blimey! We knew working on *Britain's Got Talent* must be a tough job, but we'd no idea the judges were under quite that much pressure!

CRISTIANO RONALDO
Is this actually sweat, or has Cristiano decided to apply wet-look gel to his armpit hair as well as everywhere else on his person?

WHIFF LIFE!

JUDE LAW
Sex symbol Jude gives off a whiff of pure desire to women throughout the world. Though that's clearly not the only whiff he's giving off here.

LOUIS WALSH
As the fella behind Boyzone and Westlife, Louis has already given the world a few irksome drips. And now his armpits seem to be following suit! ■

SOPHIE READE PRESENTS...

FAMOUS BABES TOPLESS!

Behold! Sophie Reade and famous boobs aplenty!

OK, we'll come right out with it – we love boobs! Big or small, pert or bouncy... we're fans. Another thing we like is famous boobs. So we've collected our favourite bosoms from film and TV, plus some awesome beach boobs and studio shots. And we've got the very booby Sophie Reade to introduce them! Enjoy! ➡



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Hi Sophie! We've not seen you for a while so what's new? Hello! Well, my boobs are new! I've gone bigger this time. When I first got them done, I thought, "Oh, I bet they're not that much bigger," but they're massive! I want the biggest boobs in the world, now!

We're celebrating famous boobs this week. What's your favourite raunchy movie scene? I think Megan Fox looks hot in *Transformers*. There's a bit when she's in little hotpants and she's on a car bonnet. She's just got this amazing figure and she looks gorgeous. That's the first thing that springs to my mind.

Have you ever seen a famous lady in the buff? Not really, only all the *Nuts* girls I've seen naked! Obviously, I did *Big Brother,* so I saw the girls in there naked because everyone used to walk around with their kit off. I didn't mind – I feel more comfortable naked, to be honest!

In a dream world, which famous lady would you most like to see up close and naked in the flesh? Probably Eva Mendes because I think she's absolutely beautiful. Obviously, I've seen her topless in a few films but I'd like to see her totally naked. That really would make my day!

And if you could be any famous person for one day, who would you choose? Let me see… I'd probably be Brad Pitt and then I could get to see Angelina Jolie naked as well!

Do you ever get propositioned by famous chaps? Yes, always by footballers – but I think they're always propositioning girls, aren't they? I'd never date a footy player!

So what do you make of this Ryan Giggs business? I don't blame Imogen because he's a good-looking guy, isn't he? If I'd have met him, I'd probably have done the same as well! I know he's got a wife but Imogen's single, so she didn't really have anything to lose. He's more to blame than her. She's just having a good time.

Thanks, Sophie! Finally, who's your hero? I'd say Madonna. She's my hero for wearing that corset with the cone boobs. Now she's a famous babe I'd like to see naked right there! ➡

INTERVIEW: SI CUNNINGHAM STYLING: MEL BROOKS ASSISTED BY LYDIA HAROLD HAIR & MAKE-UP: LISA HARRIS PHOTOS: WENN, COLEMAN-RAYNER, UNLEASHEDDIGITAL.COM/HARRYP, SPLASHNEWS.COM, SCOPEFEATURES.COM, JLPICTURES.COM, IMM, BARCROFT MEDIA, XPOSUREPHOTOS.COM, LFI, SOLARPIX.COM, PLANETPHOTOS.COM, BIGPICTURESPHOTO.COM, PA PHOTOS

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"Megan Fox is hot in *Transformers*. And I'd love to see Eva Mendes naked!"

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ROSIE HUNTINGTON-WHITELEY
Rosie takes over from Megan Fox in *Transformers 3*. We've already booked our tickets!



CATHERINE ZETA-JONES
in *Les 1001 Nuits*
In her pre-Hollywood days, the Welsh lovely wasn't afraid to pop her lady-lumps out!



EMMY ROSSUM
in *Shameless USA*
We hate Yanks remaking our shows, but we'll happily make an exception for this one!

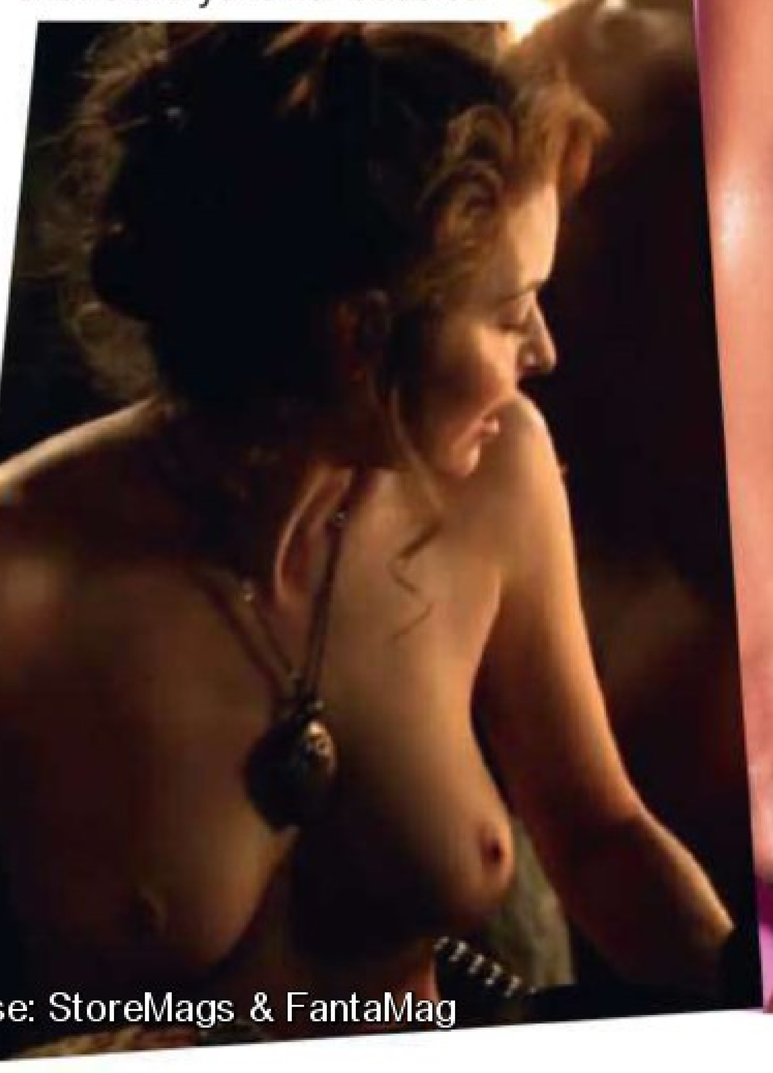


EVA GREEN in *Camelot*
Awesome in *Casino Royale*, French babe Eva delighted us more by having rumpy-pumpy in King Arthur's court!





AIMEE LUIS
What fool would peeve off *Tool Academy*'s Aimee? Only a fella thicker than a bag of spanners would risk losing her.



ESME BIANCO
in *Game Of Thrones*
The dark ages brighten up no end when British model Esme shows everyone her boobies.



NOIRIN KELLY
Even when *Big Brother 10* drew specs and a 'tache on her, we still thought Noirin was hot. Should that worry us?

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FAMOUS BREASTS



CHLOE SIMMS
Essex lass Chloe once copied Jordan's dress. Looks like that's not all she's mimicked about her glamour-model idol.



AUDRINA PATRIDGE
The only thing that stopped us throwing our TV in the bath while watching *The Hills*, Audrina is top telly totty!



RACHAEL WHITE
Beyoncé never returns our calls, but having lookalike Rachael in 2010's *Big Brother* house made us care a lot less.



JENNIFER LOPEZ *U-Turn*
Before she was Jenny from the Block, J-Lo cropped up as "Jenny in bed with her boobies out" in this flick.

KATE HUDSON
in *The Skeleton Key*
Miss Hudson's shower scene made this horror flick tingle more than just our spines!

KATE BOSWORTH
Never mind Kryptonite, the sight of his *Superman* co-star in the sea would make the Man of Steel turn weak.

KIRSTEN DUNST
in *All Good Things*
This mystery has a boobtastic Kirsten. The real mystery? Why they didn't emerge before! ➡

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FAMOUS BREASTS

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ROSAMUND PIKE
in *Women In Love*
BBC4 adds class to our boob parade with this DH Lawrence story. Licence fee earned!



AGNIESKA
And there was us thinking that all those *Made In Chelsea* girls were dead rich! Clearly they can't even afford proper bras!



LINDSAY LOHAN
in *Machete*
We'd barely got over seeing Jessica Alba's bum in this flick when Lindsay took her top off!

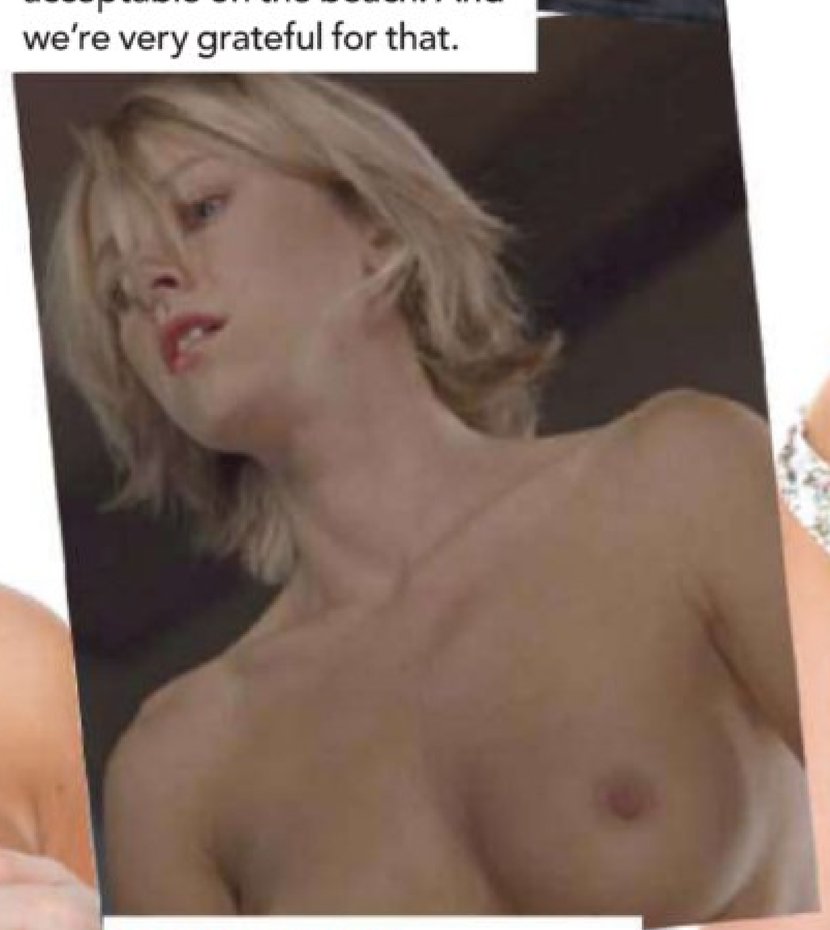


KERRY KATONA
Kerry wouldn't get away with this in Iceland but it's perfectly acceptable on the beach. And we're very grateful for that.

BECKY
Tool Academy's Becky got a marriage proposal from her hapless boyfriend. We can be idiots too, Becky! Marry us!



BILLIE FAIERS
Essex's Billie will be forever remembered for her busty rise to fame on ITV2's infamous reality staple.



NAOMI WATTS
in *Mother And Child*
Naomi didn't monkey about in *King Kong* but was much raunchier in this telly drama.

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KEIRA KNIGHTLEY
in *The Duchess*
Being in posh costumes is good, Keira, but being out of them is even better!

TAMSIN EGERTON
in *Camelot*
King Arthur's court truly was legendary. First Eva Green strips, then Tamsin joins in!

SASHA GREY in *Entourage*
Even the chaps in the *Nuts* office who weren't that keen on *Entourage* now love it! Wonder why that is!

DIORA BAIRD
in *Wedding Crashers*
Redhead Diora made this 600 per cent more fun. By wearing 100 per cent fewer clothes!

SOPHIE MONK
She's an actress, model and pop star, but she's *rubbish* at controlling her swimwear. That's why we love her!

HEATHER GRAHAM
in *Boogie Nights*
A film about the porn industry should boast tons of boobage. Heather happily obliges!

ROXANNE MCKEE
in *Game Of Thrones*
The Brit model cleans up after the lesbian fun of BBC3's *Lip Service* with a quick bath! ➡

DAISY LOWE
Is there a better day than one spent lounging with a topless super-fit model like Daisy? If you think of one, let us know!

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FAMOUS BREASTS

KELLY BROOK
The coastguard now issues a warning when Kelly visits a beach. Her boobs could seriously distract shipping!

PAZ DE LA HUERTE
in *Boardwalk Empire*
We lost count of how often we saw Paz in the buff in this. Not that we're complaining, mind.

CAMERON DIAZ
Yes, she's wearing a weird mermaid-esque costume but she's still a Hollywood hottie with her boobies on display!

IMOGEN THOMAS
The Welsh wonder has been in the news a lot recently, which is fine by us as it means we get to see more pics like this!

ANNA FRIEL
A top actress, top totty and not shy about showing off her delightful boobs. What's not to like about Anna?

ROSE MCGOWAN
in *Going All The Way*
It's a film about blokes coming back from war. Fair play. We'd fight to see Rose's boobs too.

AMBER HEARD
in *The Informers*
What info did this 2009 movie pass on to us? Just how stunning this Texan actress is!

ABBIE CORNISH in *Candy*
The Aussie babe crops up as a sexy art student in this 2006 flick. If this is what art school is like, where do we sign up?

ELLE MACPHERSON
The incredibly fit model looks so good on a beach that even the tide comes in early just to have a good gawp at her!

KATIE PRICE
Clearly, no bikini in the world is brave enough to contain The Lady Formerly Known As Jordan's boobs!

DENISE RICHARDS
She used to be married to Charlie Sheen. Maybe it was this pic that sent him over the edge into outright lunacy?

CHRISTINA RICCI
in *After Life*
Fans of moody babe boobs, check out Christina here! Look at her glower and pout!

MICHELLE WILLIAMS
in *Blue Valentine*
In her *Dawson's Creek* days, who'd have thought Michelle would bare all in a 2010 movie?

JESSICA ALBA in *Machete*
How do you make this bad-ass film better? Put a nudey Jessica Alba in the shower! Minds? Officially blown!

MARIA FOWLER
When it comes to holidays, the only way is clearly topless for *Essex* babe Maria, which is just fine by us! ➡

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FAMOUS BREASTS

SAM FAIERS
Essex's other Faiers hottie was a nun in one of Professor Green's music vids. Clearly a man of impeccable taste!

AMANDA SEYFRIED
in *Chloe*
Lovely Amanda's in the buff in the opening scene. No need to watch the rest of the film.

ROSE BYRNE
in *The Goddess Of 1967*
Roses are red, violets are blue, do you like Rose Byrne's boobies? Yes? Us too! Sorry!

OLIVIA WILDE in *Alpha Dog*
Justin Timberlake's oddly-not-that-bad gangster film had a few more shocks. Not least Olivia's cheeky topless fag!

PARIS HILTON
You'd have thought she'd now avoid being seen in the buff, but clearly lessons have not been learned! Thankfully!

MILLA JOVOVICH in *Stone*
Model, actress, singer… and not exactly hard on the eyes with her kit off. Someone give this girl a medal!

AMBER ROSE
What the saucy Yank model lacks in hair, she makes up for in boobage! As this hot seaside pic proves.

CHARLIZE THERON
in *Head In The Clouds*
Yes, we'll even watch a film about '30s political unrest to glimpse Ms Theron naked!

MIRANDA KERR
If you're an Aussie Victoria's Secret model, are you going to be a shrinking violet on your beach hols? Clearly not!

HOLLY HAGAN
in *Geordie Shore*
The show annoyed frumpy MPs, but Holly's hot-tub frolics will stay with us for a long time!

EVAN RACHEL WOOD
in *Mildred Pierce*
Miss Wood strips off? Then yes, we *will* watch the period TV drama about a single mum.

CORIN FORSHAW
Bisexual *Big Brother* babe Corin revealed her charms in *Nuts*. Why? Because we're the very best, that's why!

GWYNETH PALTROW
in *Two Lovers*
Apparently this is a romantic drama but we'd still watch it to spy Gwynnie's lady-bumps.

KACEY BARNFIELD
in *Lake Placid 3*
The film went straight to DVD, but Kacey is anything but placid in this raunchy horror!■

MENA SUVARI
in *Garden Of Eden*
Mena nude in this version of a classic novel proves that film always trumps book!

JENNIFER CLARK
Nuts fave Jennifer nearly broke our TV with her shower sessions in *Big Brother 9*. It's been all wobbly ever since!

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Nuts SPORT

HITTING THE SAFETY CAR, EVERY WEEK

Hamilton: 'The F1 battle's not over!'



Lewis Hamilton comes out fighting for the British GP!

Hi Lewis! All set for the British Grand Prix? I'm really looking forward to it – the race, the atmosphere, everything. The British Grand Prix is the first F1 event I remember watching and it means a lot to the British public. It's important that British racers, like myself and Jenson [Button], do well as an example to youngsters. If we can do it, why can't they?

Will home advantage help you and Jenson? The crowd support is always fantastic at Silverstone and it motivates you even more to put on a good performance. We'll be pulling out all the stops this week for the fans and, of course, for ourselves and the team.

What will be key to McLaren doing well? To find more speed! We'll need to work our backsides off to improve the car so it's more competitive.

After the European Grand Prix, you said the championship was over and that Sebastian Vettel was uncatchable… You sometimes say things in the heat of battle that you might not say normally. What I will say now is that I won't give up and neither will the team. I'm a fighter and a competitor and will continue to show that until the end of the season. I can't lie and say I'm happy we aren't as fast as Red Bull, but it's just the way things are. We need to close the gap as much as we can over the next few races.

Your crash with Jenson Button in Canada reopened the debate about whether you're a dangerous driver. Did that annoy you? No, not really. People are entitled to their opinions. I don't really pay much attention. I've always raced to win, so that means pushing myself and the car as much as I can. I don't go out to make contact with other drivers and I think I know my limits.

But are your "limits" different to other drivers'? I'll push all the way and try to pass the other drivers as much as I can – that's what racing is all about. I'll sometimes make mistakes, but there's nothing reckless about my driving. I don't believe I go over the top, no.

You get stick for your superstar lifestyle – popstar girlfriend, swanky holidays and millions in the bank. Is that just jealousy? I don't know. If you're in the public eye you're always going to get criticism. I accept it. Yes, I'm fortunate enough to have a great life, but I'd like to think it's come from hard work in the sport I've dedicated my life to. With it come amazing rewards and I'm grateful for that, but my main priorities are my family, my friends and, of course, winning Formula One races.

"I always race to win, but I'm not reckless!"

Thanks for the chat. Finally, you've achieved so much at such a young age. What's left to motivate Lewis Hamilton? To be world champion again, as simple as that. I think I've established myself as one of the best drivers on the circuit, but I want to be regarded as *the* best. I suppose it's that competitive nature again – I've never been content with second or third place, and I never will!



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PHOTOS: PA PHOTOS, GETTY IMAGES

SPEED DEMON!

"Hey! Take that clamp off my car, jobsworth!"

The British Grand Prix

Sunday 10 July, 1pm, BBC1/HD

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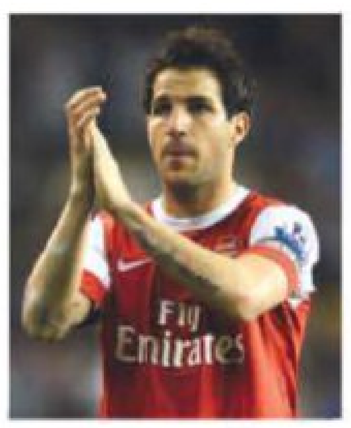
Liverpool's Andy Carroll goes incognito at this year's Glastonbury Festival. In a blue headscarf, awful purple jacket and a pair of sunglasses, even though it's raining. What a twergus!

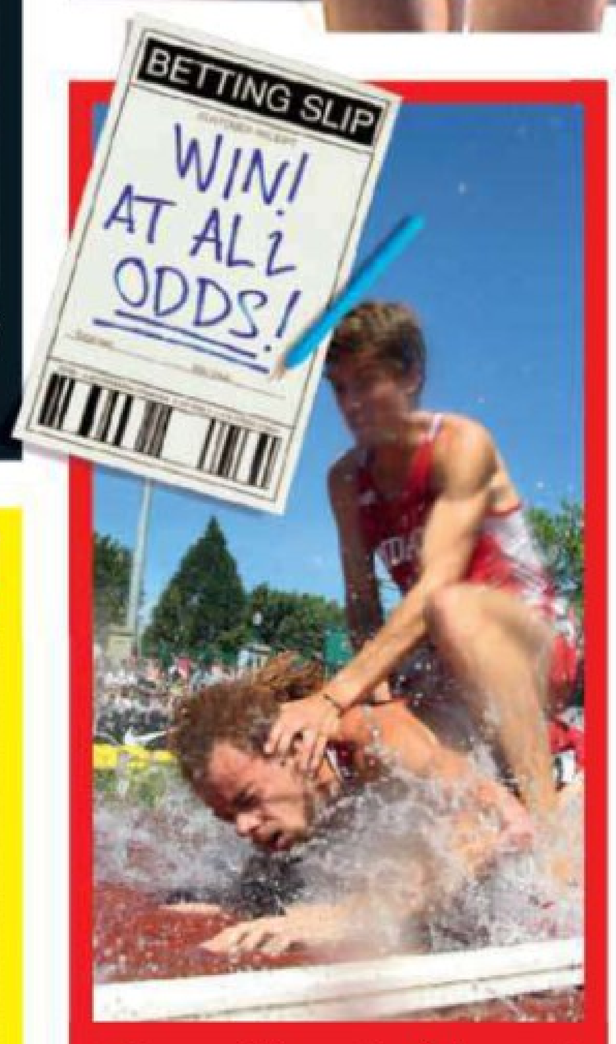
WHAT A WAG!



Fab-ulous!

No wonder Arsenal's Cesc Fabregas wants to leave for sunny Barcelona. It's a cunning plan to get new girlfriend Daniella Semaan into bikinis more often!





Competitive tw*t of the week Andrew Poore literally climbs over De'Sean Turner to win a steeplechase in Oregon, USA.



This Dallas Mavericks fan takes support to the extreme! It's handy his head resembled a basketball already though!



Hundreds of mental motocross riders take part in the Erzberg Rodeo. The first man to make it out of the huge quarry's the winner! The catch? Less than two per cent get across the finish line!

WORDS: TIM BURNETT PHOTOS: GETTY IMAGES, WENN, PA PHOTOS

KAMMY!



He's the voice of the fans – and he's only in *Nuts*!

ONLY IN Nuts!



Two men hugging. And that's all we're legally allowed to say...

Becks and Giggs for Blighty team!

There's been a lot of speculation over a Great British football team entering the Olympics next year. Some people have asked me, "Do we actually want a team?" Of course we do! How can we not?

"It's a fantastic opportunity for youngsters!"

It's ridiculous to think that on our own soil, we might not have our own team to support!

It's understandable that Scotland, Wales and Northern Ireland are wary – they fear the team'll be full of England players and that they could lose power within Fifa. But for teams that aren't regularly involved in big tournaments, it's a fantastic opportunity, particularly for youngsters, to get big-game experience.

As for who should play, I'd certainly put Ryan Giggs and David Beckham in the squad, as two of the over-23 players. Their passion and commitment are there for all to see and the experience they could give to the younger lads would be invaluable.

It's a crime that Giggs has never played on the world stage, and for Becks it'd be a fitting swansong to a truly glittering career!

Fergie takes a gamble!

The transfer of Ashley Young to Manchester United is a strange one. He's a top player, but why has a team which already has two outstanding wingers in Nani and Antonio Valencia, splashed out £17million on another wide-man?

Fergie's ability to build new teams is second-to-none, but I can't see where Young will play. Sir Alex might have another role in mind for the former Villa man, but with Rooney, Berbatov, Hernandez, Owen and co vying for striker roles, I can't see him fitting in up-front. With the loss of Paul Scholes and Owen Hargreaves, strengthening in midfield should be top priority!

Another Fergie signing, goalkeeper David De Gea, is an outstanding prospect. I watch a lot of Spanish football and this kid is first-class, a real superstar. With Manuel Neuer, he is the best young keeper in Europe!



"Gloves are *not* just for wussy girls, OK?"

Kammy needs you!

Send your jokes, pics etc to **kammy@ipcmedia.com**. The sender of the best each week will win a signed *Nuts* T-shirt!

PHOTOS: PA PHOTOS, BACKPAGE IMAGES
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Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- **The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.**
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- **The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.**

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!



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**WINNER IMAGE POSED BY MODEL



NATALIE GARCIA MEXICO

AGE: 21

POSITION: DEFENDER

CAPS: 3

GOALS: 0

Nuts Rating: 3/5 This Mexican rookie is one for the future. We've already noted her excellent ball skills!



KAYLYN KYLE CANADA

AGE: 22

POSITION: MIDFIELD

CAPS: 34

GOALS: 2

Nuts Rating: 5/5 This Canadian belle currently has no club. We're trying to sign her for *Nuts*' five-a-side team!



LAURE BOULLEAU FRANCE

AGE: 24

POSITION: MIDFIELD

CAPS: 2

GOALS: 0

Nuts Rating: 3/5 Lovely Laure only has two caps, but in terms of looking hot, she's an international star!

Women's world cup babes! Foxy footy females!

Women's football? Pah! Well, that's what we thought when someone left the Women's World Cup on TV in the office by accident! And then we noticed that some of the players are pretty flipping fit! So here's our gratuitous salute to their hotness in a Top Trumps-style game to cut out and play. Oh, and if you do tune in (on BBC Red Button), prepare for a shock – they put John Terry and co to shame!



ALEX MORGAN USA

AGE: 22

POSITION: FORWARD

CAPS: 20

GOALS: 7

Nuts Rating: 5/5 A Yankie stunner with an eye for goal. Her movement in and around the box is outstanding!



JESSICA LANDSTROM SWEDEN

AGE: 26

POSITION: FORWARD

CAPS: 53

GOALS: 17

Nuts Rating: 4/5 Graceful, goal-hungry striker who's a bit "starey" but we'd still happily have her in our team!



JONELLE FILIGNO CANADA

AGE: 20

POSITION: FORWARD

CAPS: 41

GOALS: 9

Nuts Rating: 4/5 Yep, it's another Canadian! We'd happily stay behind after training with Jonelle and Kaylyn!

PHOTOS: GETTY IMAGES

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RING OF TRUTH!

ONLY IN Nuts!

Sport seen through the *Nuts* comedy glasses!

"We don't want to smudge our lippy!"

CAUTIOUS!

Murray shows his sex face!

"Goodness, that was a particularly energetic session!"

ORGASMIC!

"Please, darling! It *is* my birthday!"

GO DOWN!

"Just call me Thor!"

HAMMER TIME!

"I can't believe I have to paint the pitch myself!"

"I have a feeling that when I land, it might hurt a bit!"

BYE, BIKE!

"And they dare to say women's footy's rubbish!"

SILLY LADY!

XXXXXX!

GRAFFITI!

MAN-LOVE CORNER!





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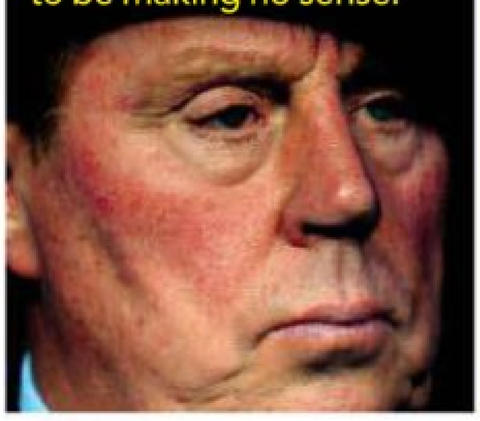
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'QUOTE ME ON THAT!'

This week's biggest match debaters!

"No way am I going to let what's happened to me happen"
Harry Redknapp happens to be making no sense.





"My best friend in London's a squirrel"
Djokovic is nuts.

"Samit Patel has had problems with the fridge"
Graeme Swann's tactful way of saying "fat".

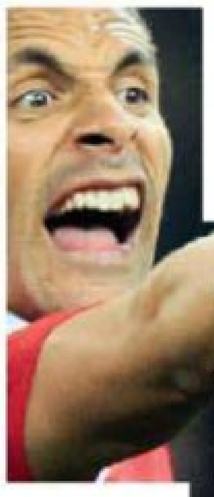
"We're not just improving, we're getting better all the time"
That's the same thing, Phil Neville.



"England haven't found the boundary. Just twice"
Nasser Hussain can't see. Or count.

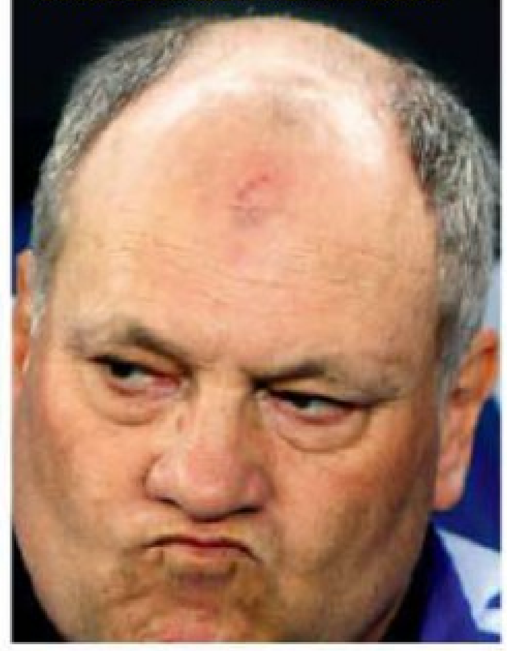


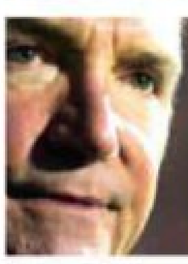
"We've seen a lot of floaters"
Lindsay Davenport's toilet talk.



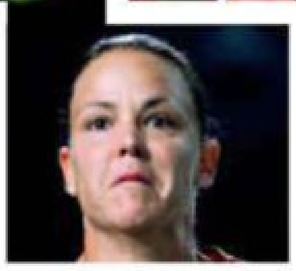
"Youngy will be the nickname we'll use for Ashley Young"
Rio Ferdinand uses his imagination.

"I said that when I left, like Arnold Schwarzenegger I will be back, and I am back"
Fulham's Martin Jol – the West London Terminator.





"Let's not forget, Arsenal and Real Madrid are not pub teams"
Nobody had forgotten that, Graeme Souness.



"Footballistically, there was no problem for Van Persie"
Arsène Wenger starts making up his own words.



'OO-ER SOUNDS A BIT RUDE' CORNER!

"Laura Robson can go both ways"
Is tennis commentator Virginia Wade starting a rumour?

"Gary Neville hasn't got it in ten years, so he probably won't get it tonight"
David Beckham confirms everyone's suspicions.

"Pietersen has to turn his hips so he can start to feel himself"
Vaughany helps KP feel the love.



"Barry isn't the player he is"
Paul Merson's spotted an imposter at Eastlands.



"Sol Campbell's strength was being in the right place at the wrong time."
Phil Thompson on a rubbish strength.

"Not too many players have celebrated here. But too many have"
Merse (again) just can't decide.

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Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!



BEDROOM BABE!

NICOLE

18, Whitburn, mortgage consultant

"My sexiest outfit has to be my tight boy pants and sexy socks. It's surprising what they can do!"

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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at **www.nuts.co.uk/girls**

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN Nuts!

Bridget
19, Blackpool, barmaid
"I like wearing a nice corset with stockings and suspenders – it feels so sexy!"

Ebony
20, Brighton, promo girl
"If I want to treat a fella, I'll wear my thigh-high socks with a cute red thong!"

Gabriella
22, Epsom, PA
"I like my perky bum and my lickable nipples. If you're very good, I'll give you a peek!"

Emma
24, Treorchy, support worker
"I was caught having sex at the back of a cinema! That was a first date to remember!"

PAGES 66-67: PHOTOS: PAUL MUSSO. STYLING: GEORGIA LACEY. HAIR & MAKE-UP: OLIVIA FERRER

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to **www.nuts.co.uk/girls**, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

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REAL GIRLS, REAL PLACES!

ONLY IN Nuts!

Ladies, would you like *Nuts* to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:
Name: Brittney
Age: 20
Boobs: 32B.
"I push them up as much as I can!"
Likes: "Funny boys!"
Ever kissed a girl?
"Just for fun!"
Strangest place you've had sex?
"On a balcony in a park in Spain!"
Sex tip:
"Spank my bum and pull my hair!"

Brittney's tour of Staplehurst!

The *Nuts* bus stops in Kent to meet another corker!





HELLO!





Brittney on... her home!

"We're in Kent. There's nothing to do! All I do is go to work and come back again. There are a few pubs but I like to go clubbing elsewhere!"

Brittney on... her undies!

"I can't count how many sets of underwear I've got! I don't wear most of it 'cos I get bored easily, so I'm always buying new stuff for myself!"

Brittney on... drinking!

"I'm naughty and flirty when I'm drunk. When I go out with the girls, guys flock around us 'cos we dance grinding against each other, causing a scene!"

PHOTOS: ELLIS O'BRIEN

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Brittney on… her hair!

"I love my hair – I'd be lost without it and I like hiding behind it if I feel shy. I get told I look like Shakira because of my hair but I don't think I do!"

Brittney on… her boobs!

"I'm a 32B. I make the most of them and show off some leg as well. I get the most compliments on my bum – boys love it, apparently!"

Brittney on… sleeping!

"I stay up really late – I can never get to sleep! I also wake up early so I'm always drinking coffee. In bed I always hog the duvet, so watch out!"

"I get the most compliments on my bum – boys love it!"

Brittney on… getting ready!

"It doesn't take me too long to get ready, maybe an hour at most. I don't wear too much make-up – it bores me getting ready, I'd rather just go out!"

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LADIES CONFESS!

100% REAL STORIES!

TO OUR SECRETARY!





CONFESSION OF THE WEEK!

'I tied him up with tape'

Last weekend, my man was doing some work in our garage. I nipped down to see him and watching him getting all sweaty made me feel horny. He sat down and I gave him a sexy kiss, then tore off a strip of gaffer tape and taped his hands behind his back. I sat in front of him on a workbench, wrapped my legs around his neck and ordered him to lick me while I pushed my fingers deep inside myself and rubbed my G-spot until I came in his face! I couldn't wait to have him inside me but I teased him for a bit, giving him a sexy dance while slowly releasing his erection. I straddled him and rode him hard until I came again, before jumping down to finish him off with my mouth!

Layla, by email

'He squeezed icing over me'

One Sunday afternoon, I was baking a cake in the kitchen when my boyfriend came home early from football. He stood watching me as I carefully squirted the icing all over the top of the cake. As I glanced up, he was staring straight down my low-cut top, admiring my cleavage! He took the icing bag out of my hand and suddenly kissed me, pulling my top up and over my head in seconds. He then picked up the icing and squeezed it all over my chest. Using his tongue and mouth, he licked and ate the stuff off me, almost squashing the cake as I wriggled around. We both ended up naked, rolling around on the kitchen worktop before having the most amazing sex on the floor. I have a feeling that might be the first of many cakes I bake – with plenty of icing!

Celia, by email

'I sent my man saucy texts'

Saturday night out with the girls turned out to be great fun, but the journey home was the best part. After a few vodkas, I sent a saucy text or two to my fella telling him what I'd like to do to him and generally being filthy. A few more hours of dancing and cocktails, and before we knew it, it was 11 o'clock. All the girls headed home, leaving me to text my man for a lift. I lowered my top and hitched my skirt up a little higher to drive him wild. All our saucy texts had made me horny and as soon as we made eye contact, it was obvious he felt the same way. As we drove home, I got his manhood out and took him in my mouth. He couldn't take much more so he pulled over near a field and told me to get out. He bent me over the boot and gave it to me hard. It felt amazing and as he was about to explode, he pulled out. I knew what he had in mind, so I fell to my knees to ensure there were no spillages. Judging by my chin and cleavage afterwards, I was unsuccessful!

Gemma, by email

'I straddled him on the train'

My boyfriend and I took a trip into town for some dinner and drinks and by about ten o'clock we were feeling a little frisky. As we'd planned to get the last train home, we talked about how exciting it would be to have some fun on the way home. We sat in the last carriage and when the train started moving I pulled down his zip and pleasured him while he kept an eye for anyone approaching. People got off the train and walked past the window but we just carried on! As things heated up, he was rock hard and I was really wet, so I pulled my pants to the side and straddled him. I ended up having an orgasm so loud it probably shook the whole train!

Annabel, Belfast

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 72. The best one each week* wins £50! Come on, girls!

ILLUSTRATION: NICK PURSER/FOLIO ART
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Nuts FASHION

Get ready for the rip curls with this clobber!

PHOTOS: JIM [illegible]

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Keep those summer showers off your back.

OAKLEY FROGSKIN SUNGLASSES £110
These guys know their surf stuff!

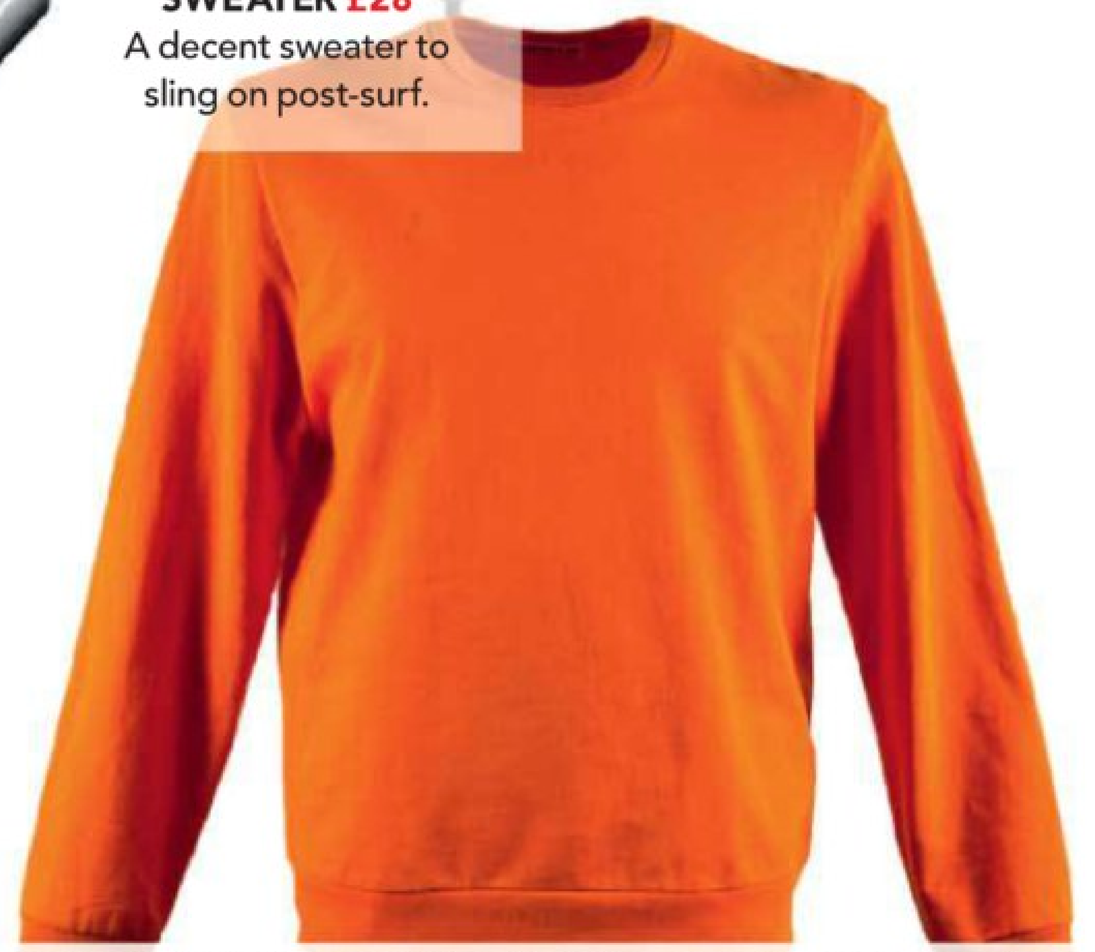


10 surf styles



DIG DEEP T-SHIRT £25
It's a surf tee – does what it says on the tin.

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A decent sweater to sling on post-surf.



JANSPORT RUCKSACK £18
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A slice of beach style.



WESC BOARDSHORTS £45
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Bright, citrussy and a woody edge.
Stockist: escentual.com

ORAL-B PRO-EXPERT TOOTHPASTE £4
Ace for whitening, breath and tartar!
Stockist: boots.co.uk

RALPH LAUREN POLO RED, WHITE & BLUE EDT £41
This has hints of cucumber and sage!
Stockist: houseof fraser.co.uk

FUDGE URBAN DE-GUNK DEEP CLEAN SHAMPOO £7
This stuff shifts hair product brilliantly.
Stockist: Superdrug

RALPH LAUREN THE BIG PONY BODY SPRAYS COLLECTION £15
These go great with the four aftershaves!
Stockist: nationwide

PHOTOS: JIM LINCOLN

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Nuts REVIEWS

DVDS/BLU-RAY!



This is Christina Applegate's third film with Jason Sudeikis

HALL PASS
DVD & BLU-RAY CERT 15

Farrelly brothers flick starring Owen Wilson and Jason Sudeikis as pals whose roving eyes are giving their wives the hump. In a bid to put a stop to it, the girls give the friends licence to do as they please for a week. Naturally, it all ends up going wrong, and that's where the fun comes in! Look out for Stephen Merchant as the friends' geeky mate. ★★★★





Watch out for John Slattery, aka *Mad Men*'s Roger Sterling

THE ADJUSTMENT BUREAU
DVD & BLU-RAY CERT 12



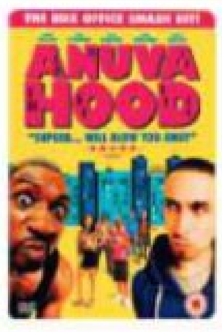
Matt Damon and Emily Blunt play a pair of lovers facing a reality-altering conspiracy. They're forced to go on the run to escape the forces beyond their control that are scheming to keep them apart. *Inception*-lite it may be, but it still makes for a pretty smart fantasy romance with a good jolt of adventure. ★★★★

DRIVE ANGRY
DVD & BLU-RAY CERT 18



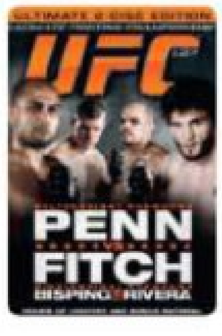
It bombed in cinemas but Nicolas Cage's pedal-down actioner about a vengeance-seeking dead man is fine by us. ★★★★

ANUVAHOOD
DVD & BLU-RAY CERT 15



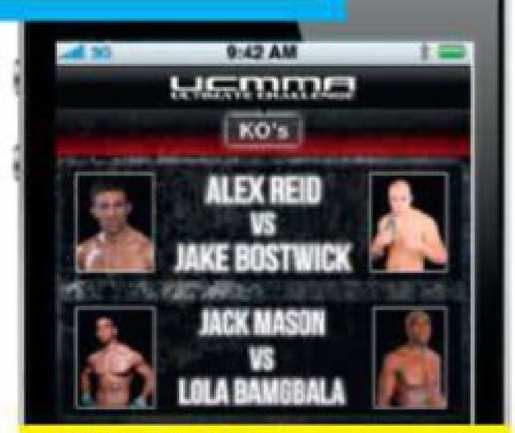
Adam Deacon plays a loser out to become a gangster in a send-up of his roles in dramas *Kidulthood* and *Adulthood*. ★★★

UFC 127: PENN VS FITCH
DVD CERT E



US welterweights BJ Penn and Jon Fitch face off. Also features Brit Mike Bisping against Jorge Rivera. Quality! ★★★★

APPS!



UCMMA KOS
IPHONE, IPOD TOUCH, IPAD

Wince-tastic footage of Europe's top cage fighters having their lights punched out (it gets regularly updated with new videos too). Ouch! ★★★★★

SONGKICK CONCERTS
IPHONE, IPOD TOUCH, IPAD

Amazingly easy-to-use app that keeps tags on your favourite bands by scanning your music library and letting you know when they're in town! ★★★★★

MUSIC!



VARIOUS ARTISTS
IBIZA ROCKS 2011



The indie-dance mash-up unveils this summer's hits, including Jamie T, Adele, Wretch 32, Magnetic Man and others. ★★★★

VARIOUS ARTISTS
CREAM IBIZA: LAIDBACK LUKE



More from the party isle, with this 48-track, dance blowout from Ferry Corsten, Dizzee Rascal and The Chemical Brothers. ★★★

WORDS: DAN BRIGHTMORE, MIKE HALL, PETE CASHMORE

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Ratings: ★★★★★ Genius ★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!

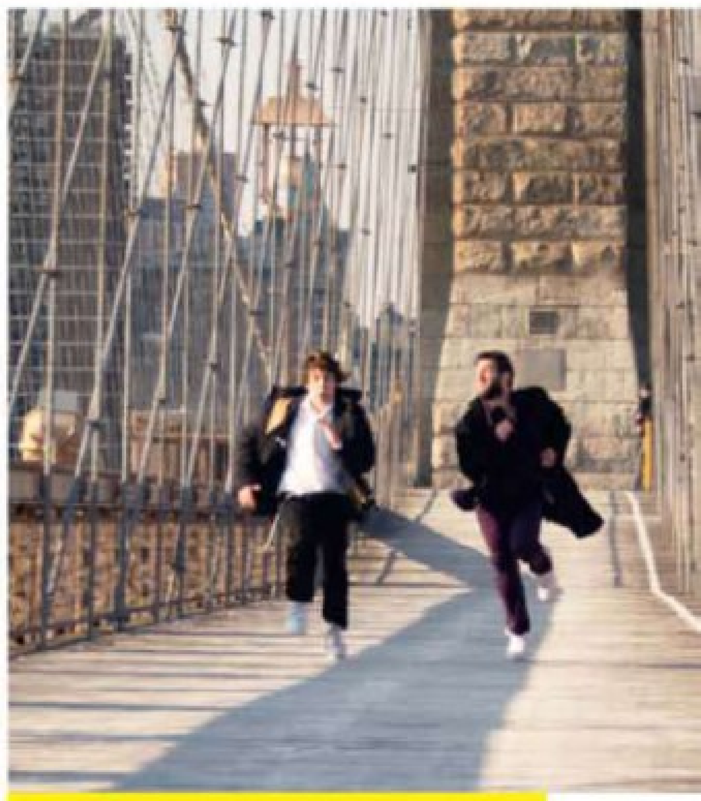


Director James Gunn worked on the script for nine years

SUPER
CERT 15

We didn't think a superhero film could go darker than *Kick-Ass*, but *Super* lives up to its title and then some! Rainn Wilson (the US *Office*) is the ordinary Joe who dons Lycra to become wrench-wielding hero the Crimson Bolt after his wife (the luscious-lipped Liv Tyler) is taken by drug dealer Kevin Bacon. It's full of WTF moments and with *Inception*'s Ellen Page as his sidekick, the gags keep flowing: "Shut up, crime!" Quite. ★★★★





HOLY ROLLERS
CERT 15

Get ready for pills and thrills in Amsterdam as *The Social Network*'s Jesse Eisenberg plays an orthodox Jew led astray by Justin Bartha from *The Hangover*. Rapper Q-Tip also stars in this cool real-life drama about drug smuggling. Tip-top stuff. ★★★★

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Nuts TV

Because staying in is the new going out!

Nuts! 7-DAY TV LISTINGS GUIDE!



"Er, does it come in a different colour?"

SUNDAY

Taking Rover to the limit!

Top Gear BBC2, 8pm



"Hi, we're the new Neighbourhood Watch!"

TUESDAY

Battling alien invaders!

Falling Skies FX, 9pm

"Yeah, 'Hoodies' just sounded better than 'Hatties'"

WEDNESDAY

Living it large in London!

Kidulthood BBC3, 10pm



"Look, sir, can you tell her the perm won't even be invented for 110 years?"

SATURDAY

Old-school mob scraps!

Gangs Of New York Channel 4, 10pm

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FRIDAY 8 JULY

TODAY'S MUST-SEE TV PICKS!


Carr couldn't shake the feeling that he was being followed

8 Out Of 10 Cats

COMEDY **Channel 4, 9pm** More stat-based laughs. Can guests Patsy Kensit, Sarah Millican and Dr Christian Jessen match the show's new star, the hilarious Jon Richardson? ★★★★★


"I've told you before, we *never* ask for directions!"

Dexter FX/HD, 10pm

DRAMA Dexter has rescued Lumen from Boyd's house, but she's convinced that as she saw Dex kill Boyd, he'll want to kill her too. Not so, Lumen. Say hello to your new best friend! ★★★★★


"Just a bit off the top? Going anywhere nice on your holidays?"

Lord Of War BBC1, 11.30pm

FILM Nicolas Cage stars in this offbeat action thriller as an illegal arms dealer suffering a crisis of conscience as he races to stay ahead of the international forces of law. Flashy, empty fun. ★★★★

BBC One

6.00am Breakfast **9.15** Britain's Bravest Cops **10.00** Homes Under the Hammer (R) **11.00** Food Fighters **11.45** Cash in the Attic (R) **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.40** Doctors **2.10** Only Fools and Horses **3.05** CBBC **5.15** Pointless Celebrities **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **6.55** CBBC **8.30** CBeebies **11.35** The Pink Panther Show (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Diagnosis Murder (R) **1.45** To Buy or Not to Buy (R) **2.15** Animal 24:7 (R) **3.00** Flog It! (R) **3.45** Antiques Road Trip (R) **4.30** Weakest Link (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Great British Railway Journeys (R)

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** Ten Mile Menu **3.00** Secret Dealers **4.00** Midsomer Murders: *Drama.* (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News

Channel 4

7.00am Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Country House Rescue (R) **10.55** A Place in the Sun: Home or Away (R) **11.55** SPORT Channel 4 Presents – David Clarke 2012 (R) **12.00noon** News **12.05pm** Relocation (R) **1.00** LIVE Racing **3.10** Countdown **4.00** Deal or No Deal **5.00** Four in a Bed **5.30** Come Dine with Me **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** CSI: Crime Scene Investigation (R) **3.15** FILM Ladies of the House: *Drama starring Florence Henderson and Pam Grier.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

Sky 1

7pm **The Simpsons**
Homer and Marge reminisce about their marriage. (R)

7.30 **The Simpsons**
Homer strikes up a friendship with Chief Wiggum. (R)(HD)

8.00 **Futurama**
Kif returns to his homeland. (R)

8.30 **The Simpsons**
Marge mistakenly takes a job at an erotic bakery. (R)

9.00 **An Idiot Abroad**
Karl Pilkington goes on a world tour, beginning with a visit to China. There's a new series starting in September! (R)

10.00 **Wall of Fame**
Topical panel show. (HD)

10.30 **Spartacus: Blood and Sand**
Booby Roman drama. (R)(HD)

11.40 **Brit Cops: Frontline Crime UK**
Street crime. (R)(HD)

12.40am **Danny Dyer's Deadliest Men** (R)

7PM

7.00 **The One Show**
Topical stories.

7.30 **The Good Cook**
NEW It's about how to make restaurant-quality meals at home. That's us counted out, then.

8.00 **EastEnders**
Fat Boy worries about his future with Mercy. And where his next pie's coming from, by the sound of it.

8.30 **A Question of Sport**
With comedian Jason Manford. (R)

9.00 **My Family**
Gentle comedy. Dull, in other words.

9.30 **Miranda**
More of the above. (R)

10.00 **News, Weather**

10.35 **The Graham Norton Show**
Highlights from the past two series of excitable, hand-flapping chat.

11.20 **The National Lotteries Friday Night Draws**

11.30 **Lord of War**
MUST-SEE Black comedy thriller with Nicolas Cage and Ethan Hawke.

7.00 **Hampton Court Palace Flower Show 2011**
Some bloke rabbits on about eucalyptus trees. Expect koalas.

8.00 **Gardeners' World**
Monty Don demonstrates how to create interesting borders. He should focus on creating interesting telly instead, we reckon.

9.00 **The Kennedys**
The Cuban missile crisis threatens national safety. Pesky thing.

9.45 **The Kennedys**
JFK and Jackie mourn the death of their newborn child.

10.30 **Newsnight**

11.00 **The Review Show**
The panel discusses Terrence Malick's film *The Tree Of Life.*

11.50 **Golf: The Scottish Open**
SPORT The second day's play at the Castle Stuart Golf Links in Inverness.

12.50-2.35am **Critical Assignment**
FILM A journalist comes across a plot by arms dealers to take power from an African president.

7.00 **Emmerdale**
Goat-grazing guff.

7.30 **Coronation Street**
Sophie makes a horrifying discovery at the soup kitchen. Oh no – it's not minestrone again, is it?

8.00 **Love Your Garden**
Don't flick to BBC2 – it'll be out of the frying pan, into the fire!

8.30 **Coronation Street**

9.00 **Paul O'Grady Live**
Former *EastEnder* Michelle Collins talks about her move to *Coronation Street.* She's diverse, then.

10.00 **ITV News, Weather**

10.35 **Backdraft**
FILM Two firefighting brothers' personal feud threatens to get in the way of a mission to catch a serial arsonist. Kurt Russell stars.

7.00 **News**

7.25 **Jamie's 30 Minute Meals**
Focaccia stuffed with prosciutto and celeriac remoulade. Sounds complicated, if you ask us. (R)

7.55 **Channel 4 Presents – David Smith 2012**

8.00 **Come Dine with Me**

9.00 **8 Out of 10 Cats**
MUST-SEE With Patsy Kensit, Sarah Millican and Dr Christian Jessen.

9.30 **King Of**

10.00 **Alan Carr: Chatty Man**
With cool spod Prof Brian Cox.

11.05 **The Big Bang Theory**
Geeky laughs.

11.40 **The Big Bang Theory**

12.05am **4thought.tv**

12.10 **Music on 4: Mercury Prize Sessions**

12.30 **4play: Metronomy**

12.45 **The Album Chart Introduces: LMFAO**

7.00 **5 News at 7**

7.30 **Fifth Gear**
Tiff Needell tests the Lamborghini Gallardo Performante in Nice. Nice, indeed. Elsewhere, Jonny Smith drives Volkswagen's Phaeton.

8.00 **Danger: Diggers at Work**
NEW The work carried out by employees at a digger-hire firm. Next week, the work carried out by employees at a barrel-scraping firm.

9.00 **Castle**
A councillor running for re-election is murdered.

10.00 **Law & Order**
The ex-wife of a former senator is murdered. Can you see a pattern developing here?

10.55 **CSI: Miami**
A student is murdered. (R)

11.55 **Inside Hollywood**
Gossip-based magazine show.

12.10am **SCXTRA**

12.40 **Super Casino**

1AM

1.20am The One Show (R) **1.55** Sign Zone: The Spice Trail (R) **2.55** Louis Theroux: Miami Mega Jail (R) **3.55-6.00am** BBC News

1.05am The Zone **3.05** FILM Doom: *Sci-fi thriller starring Karl Urban.* **4.45-5.30am** ITV Nightscreen

1.00 Hollyoaks Music Show (R) **1.25** My Name Is Earl (R) **2.10** The Real Housewives of New Jersey (R) **3.05** Ugly Betty (R) **4.40** One Tree Hill (R) **5.25-6.10am** Countdown (R)

4.05 SPORT Motorsport Mundial **4.30** Fifth Gear (R) **4.55** County Secrets (R)



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The Simpsons Movie

FILM **Channel 4, 7.15pm** What's better than an edition of *The Simpsons*? Three! Rolled into one! Their big-screen debut sees Homer endanger Springfield's very existence. Again. ★★★★★



T In The Park BBC3, 8pm

MUSIC After Glastonbury, BBC3 kicks off a weekend from this less celebrated but still blooming ace Scottish music fest. Look out for Foo Fighters, Coldplay and Primal Scream. ★★★★



Gangs Of New York

FILM **Channel 4, 10pm** Epic Martin Scorsese tale of old New York, let down by some rubbish accents from the Yank actors but carried by Daniel Day-Lewis' psychotic Bill the Butcher. ★★★★★

BBC One

6.00am Breakfast **10.00** Saturday Kitchen Live **11.30** The Good Cook (R) **12.00noon** BBC News, Regional News, Weather **12.10pm** LIVE Formula 1: The British Grand Prix Qualifying: *From Silverstone. Start-time 1pm.* **2.40** LIVE Golf: The Scottish Open: *Third-round ball-whacking.* **5.20** BBC News, Regional News, Weather **5.40** Walk on the Wild Side (R) **6.10** Total Wipeout (R)

7.10 Tonight's the Night
NEW Entertainment show presented by John Barrowman. Not for us.

8.10 The National Lottery: In It to Win It
Dale Winton gets all excited as more numbers are plucked.

9.00 Casualty
Flatlining fun.

9.50 Lee Mack's All Star Cast
With Rhod Gilbert, Theo Paphitis, Danny Bhoy and Scouting for Girls.

10.30 News, Weather

10.50 Michael McIntyre's Comedy Roadshow
Mighty Boosh bloke Noel Fielding performs a headline set at the Hippodrome in Bristol. Ace! (R)

11.35 Dark Water
FILM A divorced mum is tormented by strange noises and fears her run-down apartment has developed a sinister life of its own. Cripes!

1.15-6.00am BBC News

BBC Two

6.00am CBeebies **7.00** CBBC **12.00noon** The Sky at Night (R) **12.20pm** Homes Under the Hammer **12.50** LIVE Golf: The Scottish Open: *The third round.* **2.40** FILM Kramer vs Kramer: *Drama starring Dustin Hoffman and Meryl Streep.* **4.20** Comedy Connections (R) **4.50** Life Beyond the Box: Norman Stanley Fletcher (R) **5.40** Porridge (R) **6.10** Flog It! (R)

7.10 Dad's Army
The platoon spend a night in a spooky house. Don't panic! (R)

7.40 Vincent Van Gogh: Painted with Words
Drama-documentary depicting the nutty Dutch artist's life. (R)

9.00 Have I Got a Bit More News for You
Slightly smug satirical quiz. (R)

9.45 Secrets of the Pop Song
Mark Ronson helps Guy Chambers write a breakthrough single.

10.45 Women's World Cup Highlights
SPORT Action from the opening two quarter-finals in Germany.

11.25 The Kennedys
The Cuban missile crisis brings America and the Soviet Union to the brink of war. Stupid thing. (R)

12.10am The Kennedys
JFK and Jackie mourn the death of their newborn child. (R)

12.55-2.55am Honeydripper
FILM A bar owner hires a famous guitarist to attract custom, but when the musician fails to show up he's forced to improvise.

ITV 1

5.30am ITV News **6.00** CITV **8.25** House Gift (R) **9.25** Coronation Street **11.45** This Morning: Saturday **12.45pm** The Planet's Funniest Animals (R) **1.15** The Planet's Funniest Animals (R) **1.45** ITV News, Weather **1.55** FILM Thirteen at Dinner: *Whodunit starring Peter Ustinov.* **3.55** FILM Licence to Kill: *Bond film starring Timothy Dalton.* **6.15** Regional News, Weather **6.30** ITV News **6.45** You've Been Framed! (R)

7.15 Odd One In
Game show with Stephen K Amos and Stacey Solomon.

8.00 Penn & Teller: Fool Us
Four more acts, including an award-winning female magician, try to outwit the illusionists with some of their hocus-pocus gubbins.

9.00 The Marriage Ref
Jack Whitehall, Sarah Millican and Eamonn Holmes tackle three domestic disputes, including a wife obsessed by Donny Osmond. Surely there's no hope for that one?

10.00 ITV News, Weather

10.15 Ocean's Twelve
FILM Disappointing crime caper sequel starring George Clooney

12.35am The Cube Celebrity Special: McFly
Let's hope they don't get trapped in the big box thing, eh? Eh? (R)

1.30 The Zone **3.30** In Plain Sight **4.20-5.30am** ITV Nightscreen

Channel 4

6.10am The Hoobs (R) **6.35** The Film Show (R) **7.00** SPORT British Formula 3 International Series **7.25** SPORT The Grid **7.55** SPORT The Morning Line **8.50** T4: Friends (R) **9.20** Hollyoaks Music Show **9.55** Smallville (R) **10.50** Friends (R) **11.20** Style the Nation **12.20pm** NEW Dirty Sexy Things **1.20** The TV Book Club **1.55** LIVE Channel 4 Racing: *Horse-hurtling from Newmarket, York and Ascot.* **4.05** Come Dine with Me (R) **6.40** News

7.10 4thought.tv (R)

7.15 The Simpsons Movie
MUST-SEE Woo-hoo! It's the top-notch big-screen version of the ace cartoon. Homer Simpson must save Springfield after he single-handedly causes a disaster. Excellent!

9.00 Camelot
Guinevere sets out with Arthur to visit her dying father, while a crime from Sybil's past jeopardises Morgan's plans. Drat!

10.00 Gangs of New York
MUST-SEE Superbly violent crime thriller directed by Martin Scorsese and starring Leonardo DiCaprio and Daniel Day-Lewis. In the 1860s, Amsterdam Vallon returns to Manhattan to avenge his father, who was killed in a gang fight.

1.10am FILM Infernal Affairs II: *Hong Kong thriller.* **3.15** Bob's Burgers **3.40** Hill Street Blues (R) **4.30** One Tree Hill (R) **5.15-6.00am** Countdown (R)

Channel 5

6.00am Milkshake! **10.00** Pawn Stars (R) **10.30** Eddie Stobart: Trucks and Trailers (R) **11.30** Danger: Diggers at Work (R) **12.30pm** Rosamunde Pilcher's Summer **2.20** FILM King Solomon's Mines: *African adventure starring Deborah Kerr and Stewart Granger.* **4.20** FILM Random Hearts: *Romantic drama starring Harrison Ford and Kristin Scott Thomas.* **6.55** 5 News Weekend

7.00 Cricket
SPORT "And it's through the covers for four!" etc. It's highlights of the fifth one-dayer between England amd Sri Lanka at Old Trafford.

7.55 NCIS
A commander is abducted. (R)

8.55 CSI: Crime Scene Investigation
A waitress is killed by a shark in a casino swimming pool. (R)

9.50 Law & Order: Special Victims Unit
A student counsellor is murdered.

10.45 CSI: NY
A street dancer is shot dead in a hotel room. (R)

11.45 Forensic Files
Finding the killer of a successful estate agent. (R)

12.15am SuperCasino

4.05 Meals in Moments (R) **4.15-5.00am** The FBI Files (R)

Sky 1

7pm Emergency with Angela Griffin
The actress's final shift with paramedics. (R)(HD)

8.00 Road Wars
Pesky vehicle crime. (R)

9.00 Armageddon
FILM An oil driller and his team of roughnecks try to intercept and destroy a giant asteroid that's on a collision course with Earth. Bruce Willis leads the team, so it's bound to succeed really, isn't it? (HD)

11.50 Law & Order
The death of a war veteran is investigated. (R)

12.50am Fringe
Peter and Walter try to move on with their lives. (R)(HD)

SATURDAY'S SPORT

10.30am England vs Sri Lanka, **Sky Sports 1. 12.10pm** Formula 1, **BBC1. 12.50pm** Golf, **BBC2. 2.40pm** Golf, **BBC1. 7pm** Masters Football, **Sky Sports 1. 8pm** Brazil vs Paraguay, **ESPN. 10.30pm** Venezuela v Ecuador, **ESPN.**

SUNDAY'S SPORT

12.10pm MUST-SEE Formula 1: The British Grand Prix, **BBC1. 1.30pm** Golf, **BBC2. 2.30pm** Gloucestershire vs Glamorgan, **Sky Sports 1. 4.30pm** Catalans Dragons vs Leeds, **Sky Sports 2. 8pm** Colombia vs Bolivia, **ESPN.**

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SUNDAY 10 JULY

TODAY'S MUST-SEE TV PICKS!



F1: The British Grand Prix Live BBC1, 12.10pm

SPORT We're at Silverstone, so let's hope British soil stirs Lewis or Jenson into a comeback. ★★★★



Top Gear BBC2, 8pm

CARS As if dominating F1 wasn't enough, Sebastian Vettel has a go on the *Top Gear* track tonight. Also, Jezza and Richard hunt for bargains while James tests the Range Rover Evoque. ★★★★★



Hawaii Five-0 Sky1, 9pm

DRAMA The Five-0 team face big baddie Wo Fat (also the name of our local takeaway, coincidentally). Wo Fat is out to destroy the team. Bit late, Fat – it's the end of the series. ★★★★

6AM

BBC ONE

6.00am Breakfast **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** The Politics Show **12.10pm** MUST-SEE **Formula 1: The British Grand Prix:** *The ninth round of the season. Start-time 1pm.* **3.30** EastEnders **5.00** Songs of Praise **5.35** My Family (R) **6.05** Horrible Histories with Stephen Fry **6.35** BBC News, Regional News, Weather

7PM

7.00 Fake or Fortune?
A painting that could be the work of Rembrandt. Then again, it might be the work of some old Doris.

8.00 Countryfile
John Craven reflects on the team's most memorable visits. You enjoy yourself, John – we're off to check out BBC2 for the next hour.

9.00 The World's Most Expensive Paintings
The ten most eye-wateringly wallet-emptying paintings.

10.00 News, Weather

10.25 Seve: The Legend
SPORT Gary Lineker presents a tribute to Spanish golfer Severiano Ballesteros, who died in May.

11.25 Moving On
A teenager and a pensioner form an unlikely bond. (R)

12.15am Sign Zone: The Apprentice
The teams take a pallet-load of wholesale goods and sell it on. (R)

1AM

1.15 The Apprentice: The Final Five: *A profile of the remaining five candidates.* (R) **2.15** Holby City (R) **3.15-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** Escape to the Country (R) **12.30pm** EastEnders **1.30** LIVE Golf: The Scottish Open: *The fourth at the Castle Stuart Golf Links in Inverness.* **5.30** LIVE Athletics: *The British Grand Prix in Birmingham.*

8.00 Top Gear
MUST-SEE **Another top episode as the McLaren MP4-12C is compared with its supercar rival, the Ferrari 458. Should be very interesting!**

9.00 Coast
The team visit locations around the British shoreline. We're off to Southend for the day – maybe we should send them some footage.

10.00 Mock the Week
Topical laughs with guest panelists Ed Byrne, Micky Flanagan and Jack Whitehall. (R)

10.30 In the Loop
FILM Political comedy starring James Gandolfini. A British minister gets caught in treacherous goings-on in London and Washington.

12.15am The Front Line
FILM An African immigrant trying to create a new life for himself and his family in Dublin becomes entangled in a plot to rob a bank.

1.45 BBC News **3.10-3.55am** SPORT The Super League Show: *Highlights of Warrington Wolves vs Huddersfield Giants.*

ITV 1

5.30am ITV News **6.00** CITV **8.25** May the Best House Win (R) **9.25** Dickinson's Real Deal (R) **10.25** 60 Minute Makeover (R) **11.30** This Morning: Sunday **12.30pm** Dinner Date (R) **1.30** ITV News, Weather **1.35** Survival: Tales from the Wild **2.35** Inspector Morse (R) **4.35** Midsomer Murders: *A business executive is killed.* (R) **6.30** Regional News, Weather **6.45** ITV News

7.00 The Royal
A trip on a pirate radio ship ends in a siege. Sounds interesting. It's not.

8.00 Popstar to Operastar – The Final
The last two Z-list celebs belt out tunes as though their lives depend on it. Now, if they really *did* depend on it, we might watch this.

9.00 Law & Order: UK
NEW Brooks and Devlin investigate a hospital department where three patients have died in suspicious circumstances in six months.

10.00 Popstar to Operastar: The Results
And the winner is... oh, who cares?

10.30 ITV News, Weather

10.45 Eyes Wide Shut
FILM Proper weird (not in a good way, either) erotic thriller from Stanley Kubrick starring Tom Cruise and Nicole Kidman. After his wife reveals details of her fantasies, a doctor experiences a night of strange encounters. So strange!

1.35am The Zone **2.00** SPORT British Superbike Championship Highlights: *Bike-whizzling.* **2.55** SPORT Motorsport UK **3.45-5.30am** ITV Nightscreen

4

6.00am Sali Mali (R) **6.05** The Treacle People (R) **6.15** The Hoobs (R) **7.05** SPORT Freesports on 4 **7.35** SPORT Triathlon: Ironman UK **8.00** T4: Friends (R) **8.25** Style the Nation **9.00** T4 on The Beach: The Countdown (R) **9.55** Hollyoaks **12.30pm** The Simpsons (R) **1.40** T4 on the Beach **5.25** Deal or No Deal **6.20** News **6.50** 4thought.tv (R) **6.55** The Political Slot

7.00 A Place in the Sun: Home or Away
The experts show a couple around some massive properties in Cheltenham and southern France.

8.00 Marley & Me
FILM Family comedy drama based around one man's love for his pet dog, starring Owen Wilson. We can't say we recommend this, really.

10.15 In Her Shoes
FILM We can't say we recommend this either! It's a lady-pleasing drama starring Cameron Diaz. Two sisters reconcile with the aid of their long-lost grandmother. Aah!

12.45am Stand Up for the Week
Host Kevin Bridges is joined by Paul Chowdhry and regular stand-ups Jack Whitehall, Rich Hall, Andi Osho and our new favorite comedian, Jon Richardson. (R)

1.30 Bob's Burgers **1.55** 5ive Days to Midnight (R) **3.35** Hill Street Blues (R) **4.30** One Tree Hill (R) **5.15-6.00am** Countdown (R)

5

5.00am Milkshake! **10.00** Police Interceptors (R) **11.00** New Cowboy Builders (R) **12.00noon** The Restaurant Inspector (R) **1pm** Rosamunde Pilcher's Autumn **2.45** FILM Man of the House: *Action comedy starring Tommy Lee Jones.* **4.35** FILM Matilda: *Roald Dahl's offbeat children's fantasy starring Mara Wilson.* **6.25** 5 News Weekend **6.30** FILM The Legend of Zorro: *Swashbuckling adventure sequel.*

9.00 Master and Commander: The Far Side of the World
FILM Epic seafaring adventure starring Russell Crowe and Paul Bettany. During the Napoleonic Wars, the captain of a British warship leads his crew in pursuit of a heavily armed French privateer across two oceans. It's alright.

11.40 Sniper 2
FILM Decidedly rubbish action thriller sequel about a former marine sniper who comes out of retirement to lead a covert mission.

1.25am Super Casino **4.00-4.10** Meals in Moments (R)

sky1

7pm A League of Their Own
Sporty laughs with Lily Allen and Jimmy Carr. (R)(HD)

8.00 The Simpsons
Homer proposes to Marge for the second time. (R)(HD)

8.30 Futurama
Kif becomes pregnant. (R)

9.00 Hawaii Five-0
MUST-SEE **Criminal mastermind Wo Fat tries to put and end to McGarrett, Danny, Chin Ho and Kono. Good luck with that! (HD)**

10.00 Wall of Fame
Topical panel show hosted by David Walliams. (R)(HD)

10.30 Cop Squad
Docu about the po-po. (R) (HD)

11.30 Lie to Me
Lightman is hired by a woman who has suspicions about her new boyfriend. (R)(HD)

12.30am UK Border Force
A man is deported. (R)(HD)



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Grown Ups

FILM Sky Movies Premiere/HD, 8pm

Not half as funny as it could be, considering the cast (Sandler! Hayek! Chris Rock!). It's about friends assembling to scatter the ashes of a dead mate. ★★★



Sirens Channel 4, 10pm

COMEDY This gentle comedy about three paramedics has grown on us. The trio help a whacked-out student, and Rachid – our favourite – discovers a "purple job" – a very dead person. ★★★★



Funny Or Die Presents Sky Atlantic/HD,

COMEDY 10pm Quality US skits courtesy of the likes of *Mighty Boosh* bloke Rich Fulcher. ★★★

6AM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Food Fighters **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.40** Doctors **2.10** Only Fools and Horses: *"Rodney, you plonker!" etc.* **3.05** CBBC **5.15** Pointless: *Quiz show.* **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** The Pink Panther Show (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** SPORT Rowing **2.30** Animal 24:7 (R) **3.00** Flog It! (R) **3.45** Antiques Road Trip (R) **4.30** Weakest Link (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Great British Railway Journeys (R)

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Ten Mile Menu **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News, Weather

Channel 4

7.00am Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Country House Rescue (R) **10.55** A Place in the Sun: Home or Away (R) **12.00noon** Channel 4 News Summary **12.10** Relocation (R) **1.05** FILM Operation Crossbow: *War drama.* **3.10** Countdown **4.00** Deal or No Deal **5.00** NEW Quiz Trippers **5.30** Come Dine with Me **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

5.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** CSI: Crime Scene Investigation (R) **3.10** FILM The Obsession: *Crime melodrama starring Daphne Zuniga and Sebastian Spence.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

sky1

7pm **The Simpsons**
Mr Burns is feared dead. (R)

7.30 **The Simpsons**
Homer is cast as the lead in a superhero movie. (R)(HD)

8.00 **Road Wars**
Thames Valley Police participate in Slough's largest-ever drug raid. (R)

9.00 **Cop Squad**
Crime in Cambridge. Yeah, *that* notorious, smoldering volcano of urban tension. (HD)

10.00 **Spartacus: Blood and Sand**
Spartacus is distraught over his part in Varro's death. (R)(HD)

11.10 **Wall of Fame**
Topical panel show hosted by David Walliams. (R)(HD)

11.40 **Brit Cops: Frontline Crime UK**
The drugs squad raids a crack den. (R)(HD)

12.40am **Danny Dyer's Deadliest Men** (R)

7PM

7.00 The One Show: Best of Britain

NEW Celebrity interviews and reports from around the UK. The same as the old show then, really.

7.30 Fake Britain

How an imitation Lowry painting was sold to someone for a packet.

8.00 EastEnders

Mercy is worried when Fat Boy gets a new job. Presumably not at as a representative of WeightWatchers.

8.30 Gerry and the GPs – Panorama

Something about the NHS.

9.00 New Tricks

10.00 News, Weather

10.35 A Question of Sport

With comedian Nick Hancock. We were wondering what had happened to him!

11.05 In with the Flynns

Chloe's old man buys a guitar. (R)

11.35 The Graham Norton Show

Highlights. Allegedly. (R)

12.25am Sign Zone: Business Nightmares with Evan Davis (R)

7.00 The Truth About Wildlife

Chris Packham visits Lyme Bay to see the effects of a scallop-dredging ban. Well, we *were* wondering… (R)

7.30 Julia Bradbury's Canal Walks

The presenter yomps along the length of Britain's waterways. (R)

8.00 University Challenge

Spod wars.

8.30 Antiques Master

Crockery-related crud.

9.00 The Life of Muhammad

NEW Rageh Omaar charts the prophet's history.

10.00 QI

Comedy panel laughs. (R)

10.30 Newsnight

11.20 Imagine: Ai Weiwei – Without Fear or Favour

Alan Yentob meets the politically outspoken Chinese artist. (R)

12.15am The Tudors

Henry VIII appoints himself head of the Church of England. (R)

7.00 Emmerdale

Egg-laying rubbish.

7.30 Coronation Street

Chimney-pot plop.

8.00 Countrywise Kitchen

NEW Paul Heiney and Mike Robinson visit Devon.

8.30 Coronation Street

9.00 Strictly Kosher

Documentary about the diverse Jewish community in Manchester.

10.00 ITV News, Weather

10.35 Rambo III

FILM Violent action adventure sequel starring Sly Stallone as the fearless warrior on a rescue mission in Russian-occupied Afghanistan.

12.25am The Zone

7.00 News

7.55 4thought.tv

8.00 Murder on Honeymoon: Dispatches

The death in South Africa last year of newly wed Anni Dewani.

9.00 Embarrassing Bodies: Teen Special

A boy with asymmetrical testicles. He must get hell in communal showers after football practice.

10.00 Sirens

MUST-SEE Rachid is profoundly affected after discovering a suicide victim in a student house.

11.05 Channel 4 Presents – Danielle Brown 2012 (R)

11.10 Coming Up: Rough Skin

NEW A woman struggles to adapt to life after a nine-month prison stretch in the slammer.

11.40 Lee Evans XL Tour

The jug-eared comedian performs a gig in Cardiff. (R)

12.40am European Poker Tour

SPORT Action from the Grand Final in Madrid, featuring the likes of Juan Maceiras and Ben Wilinofsky. Who?

7.00 5 News at 7

7.30 How Do They Do It?

Robert Llewellyn explores how a large-scale coal mine works during a visit to a site in Pittsburgh. (R)

8.00 Police Interceptors

A drug dealer is pulled over.

9.00 The Restaurant Inspector

Fernando Peire helps a struggling Italian restaurant in south London. Our advice? Focus on the pizza.

10.00 Philadelphia

FILM Oscar-winning flick starring Tom Hanks and Denzel Washington. A gay lawyer takes his firm to court when he is sacked after his colleagues discover he has Aids.

12.35am Forensic Files

Scientific and forensic techniques to solve mind-boggling crimes. (R)

1AM

1.25 Luther: *The cop confronts the reality of his actions.* (R) **2.25** Animal 24:7 (R) **3.10** An Island Parish (R) **3.40-6.00am** BBC News

1.10-3.40am BBC News

2.30 Nightwatch with Steve Scott (R) **3.20** ITV Nightscreen **4.35-5.30am** The Jeremy Kyle Show (R)

1.40 24 Hours in A&E (R) **2.35** Embarrassing Bodies: Teen Special (R) **3.30** Ancient Egyptians (R) **4.25** Machines Time Forgot (R) **5.20-6.05am** One Tree Hill (R)

1.05 SuperCasino **4.00** Meals in Moments (R) **4.10** Michaela's Wild Challenge (R) **5.00** County Secrets (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

MONDAY'S SPORT

1pm Snooker: China v Malta, **Eurosport. 5.30pm** Twenty20 Cup Cricket: Warwickshire Bears vs Durham Dynamos, **Sky Sports 1. 7pm** Speedway, **Sky Sports 2. 1.45am** Copa America Football: Argentina vs Costa Rica, **ESPN.**

TUESDAY'S SPORT

5.30pm Cricket: Northants Steelbacks vs Lancashire Lightning, **Sky Sports 1. 7pm** Winning Post, **Sky Sports 2. 11.15pm** Copa America Football: Chile vs Peru, **ESPN. 1.45am** Copa America Football: Uruguay vs Mexico, **ESPN.**

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TUESDAY 12 JULY

NEW ISSUE ON SALE TODAY!

TODAY'S MUST-SEE TV PICKS!



Falling Skies FX/HD, 9pm

DRAMA While trying to not get killed by aliens, Tom and his squad – including his eldest son – are taken hostage by a group of marauders who are after their weapons and ammo. ★★★



Angry Boys BBC3, 10.30pm

COMEDY Chris Lilley's mockumentary just gets weirder, with Blake seeking revenge for having his goolies blown off! And Nathan pretending to be his twin in order to score with girls… ★★★★



Crank ITV1, 10.35pm

FILM Preposterous, yet hugely entertaining. Jason Statham's an assassin hit with a poison that'll kill him if his heartrate drops, so he's on one adrenaline rush after another. ★★★★

BBC ONE

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Food Fighters **11.45** Saints and Scroungers **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.40** Doctors **2.10** Only Fools and Horses: *Del gets ideas above his station.* (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7PM

7.00 **The One Show: Best of Britain**
Or the worst of it. Depends on how you look at it really.

7.30 **EastEnders**

8.00 **Holby City**
Dan and Malick come to blows once again. We don't care.

9.00 **Crimewatch**
A father hopes DNA could reveal the identity of his daughter's killer.

10.00 **News, Weather**

10.35 **Crimewatch Update**

10.45 **Imagine**
The story of John Lennon and Yoko Ono's move to NYC in 1971.

12.05am **The Scheme**
Update on the six families featured in the documentary.

12.55 **Sign Zone: Coast**
Nick Crane visits a project to build a new port for London. (R)

1AM

1.55 The Country House Revealed (R) **2.55** Fake Britain (R) **3.40** An Island Parish: *The islanders celebrate Christmas. Bit early, isn't it?* (R) **4.10-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** The Pink Panther Show (R) **12.00noon** Daily Politics **12.30pm** GMT with George Alagiah **1.00** Diagnosis Murder (R) **1.45** To Buy or Not to Buy (R) **2.15** Animal 24:7 (R) **3.00** Flog It! (R) **3.45** Antiques Road Trip (R) **4.30** Weakest Link (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Great British Railway Journeys (R)

7PM

7.00 **Coast**
Watery witterings. (R)

8.00 **Restoration Home**
A couple's conversion plans for a pumping station. Fascinating. Well, for them at least.

9.00 **The Night Watch**
One-off drama about the love lives of four people in '40s London.

10.30 **Newsnight**

11.20 **Afghanistan: The Unknown Country**
Lyse Doucet travels across Afghanistan, meeting various types of people, including politicians, wrestlers and warlords. (R)

12.20am **The Tudors**
Henry VIII withdraws the authority of the Catholic Church. (R)

1AM

1.20-4.10am BBC News

ITV1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** Ten Mile Menu **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News

7PM

7.00 **Emmerdale**
David's concerned when he discovers Leyla hiding Jacob's phone. We're actually more interested in finding out how Jacob dials on the phone with his hoof. He's a sheep, after all.

7.30 **Animal Kingdom**
The progress of four recently released cheetahs.

8.00 **Cops with Cameras**
Following officers working across the UK as they carry out raids. (R)

9.00 **Homes from Hell**
NEW Real-life stories of people living in houses made out of paper. Something like that, anyway.

10.00 **ITV News, Weather**

10.35 Crank
MUST-SEE **Brilliant action flick starring Jason Statham as a hitman who's been poisoned by a chemical that'll kill him unless he keeps his adrenaline levels at their maximum. It's excellent fun!**

12.10am **The Zone**

1AM

2.15 Crossing Jordan: *A lawyer is mistakenly pronounced dead after being hit during a shooting.* **3.00-5.30am** ITV Nightscreen

4

7.30 Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Country House Rescue (R) **10.55** A Place in the Sun: Home or Away (R) **12.00noon** News **12.05pm** The Secret Supper Club (R) **12.35** River Cottage Bites (R) **12.50** FILM The Sea Wolves **3.05** SPORT David Smith 2012 (R) **3.10** Countdown **4.00** Deal or No Deal **5.00** Quiz Trippers **5.30** Come Dine with Me **6.00** The Simpsons (R) **6.30** Hollyoaks

7PM

7.00 **News**

7.55 **4thought.tv**

8.00 **Four Rooms**
The dealers value a bottle of wine once owned by George Best. Surely it's empty then?

9.00 **Undercover Boss**
Southern Fried Chicken boss Andrew Withers visits some of the franchise's UK outlets.

10.00 **Ramsay's Kitchen Nightmares USA**
Gordon Ramsay visits a restaurant in Rhode Island, where the owner's reluctant to go along with the chef's changes. Aren't they always?

11.05 **Alan Carr: Chatty Man**
Eddie Izzard talks about his role in *Cars 2* and Chris Moyles chats about the new series of *Chris Moyles' Quiz Night*. Hard-Fi do tunes. (R)

12.05am **European Poker Tour**
SPORT Card-laying with the Grand Final in Madrid.

1AM

1.05 Volleyball **2.00** Athletics **2.55** Superbike Championship **3.20** Boxing Weekly **3.50** The Grid (R) **4.15** British Formula 3 (R) **4.40-5.10** Triathlon: Ironman UK

5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** CSI: Crime Scene Investigation (R) **3.10** Inside Hollywood **3.20** FILM Mystery Woman: Snapshot: *Whodunit.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

7PM

7.00 **5 News at 7**

7.30 **Mexican Food Made Simple**
Griddled pineapple with rum caramel. One word – yum.

8.00 **Monster Moves**
A Spitfire is disassembled and shipped from Cambridgeshire to America. Fascinating.

9.00 **CSI**
Grissom announces he's leaving the team. This still upsets us. It's never been the same since he left. (R)

10.00 **CSI**
The hunt for the copycat serial killer continues. (R)

11.00 **CSI**
Warrick's shot in an alleyway. (R)

12.00m't **Crimes That Shook the World**
All about Arthur Shawcross, who murdered 11 women in the '80s. (R)

12.55am **Super Casino**

1AM

4.00 Meals in Moments (R) **4.10-5.00am** Michaela's Wild Challenge (R)

sky1

7pm **The Simpsons**
Lisa is elected student president. (R)

7.30 **The Simpsons**
Bart spikes Mrs Krabappel's coffee with alcohol. (R)(HD)

8.00 **Next Door Nightmares**
Mediator Dave heads to warring neighbours and tries to bring peace. Send him to Palestine after will you? (HD)

9.00 **Armageddon**
FILM Quality classic sci-fi action starring Bruce Willis. An oil driller and his team try to destroy a giant asteroid which is on a collision course with Earth. Still, you already knew that, didn't you? (R)(HD)

11.50 **Road Wars**
Cops, roads, etc. (R)(HD)

12.50am **Brit Cops: Frontline Crime UK**
More cops, this time based in Devon and Cornwall. (R)



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The Apprentice BBC1, 9pm

REALITY The candidates are called to a shopping centre where grouchy Lord Sugar challenges them to create fast-food outlets. Knowing this lot, they'll probably burn them down! ★★★★★



Franklin And Bash

COMEDY E4, 10pm New comedy drama about young lawyer buddies, Peter Bash and Jared Franklin, whose unorthodox methods get them hired to ruffle feathers at an uptight law firm. ★★★



Kidulthood BBC3, 10pm

FILM The air is thick with cries of "Like!" and "Innit?" as a group of London teens bunk off, have sex, drink, take drugs and get into fights. Stars foxy Jaime Winstone. ★★★★

6AM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Food Fighters **11.45** Saints and Scroungers **12.15pm** Bargain Hunt **1.00** BBC News, Weather **1.30** Regional News, Weather **1.40** Doctors **2.10** Only Fools and Horses **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.30** Daily Politics **1pm** Diagnosis Murder (R) **1.45** To Buy or Not to Buy (R) **2.15** Animal 24:7 (R) **3.00** Flog It! (R) **3.45** Antiques Road Trip (R) **4.30** Weakest Link (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Great British Railway Journeys (R)

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Ten Mile Menu **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News, Weather

Channel 4

7.00am Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.50** SPORT David Clarke 2012 (R) **9.55** Country House Rescue (R) **10.55** A Place in the Sun (R) **12.05pm** Relocation (R) **1.10** River Cottage Bites (R) **1.15** Proud Parents (R) **1.30** FILM The Law and Jake Wade **3.10** Countdown **4.00** Deal or No Deal **5.00** Quiz Trippers **5.30** Come Dine with Me **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** CSI: NY (R) **3.10** FILM The Battle of Mary Kay: *Fact-based satirical comedy starring Shirley MacLaine.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

Sky 1

7pm **The Simpsons**
Movie monsters gatecrash a Halloween party. (R)(HD)

7.30 **The Simpsons**
Lisa gets all creative at a performing arts camp. (R)(HD)

8.00 **The Glee Project**
NEW A behind-the-scenes peek at the audition process of the series. Shudder! (HD)

9.00 **The Glee Project**
Run away, run away! (HD)

10.00 **Lady Gaga Presents the Monster Ball Tour 2011**
The nutty pop star's Monster Ball tour reaches Madison Square Garden in New York. (R)

12.25am **The Chicago Code**
Five people are shot dead in a restaurant. (R)(HD)

7PM

7.00 **The One Show: Best of Britain**
Reports from around the UK.

7.25 **The Great British Weather**
NEW Generally dull and grey, rather like this new series.

8.30 **In with the Flynns**
Tommy has been sleeping on the couch to avoid an ex-girlfriend. We've all been there.

9.00 **The Apprentice**
MUST-SEE The budding business brains open rival fast-food outlets in London's West End.

10.00 **News, Weather**

10.35 **The National Lottery Wednesday Night Draws**

10.45 **Not Going Out**
A 20-year-old woman turns up on Lee's doorstep and claims he may be her dad. Nightmare! (R)

11.15 **Him & Her**
Steve tells his mother and friends that he is ill, and refuses to go out to celebrate his birthday. The sulk.

11.45 **Kevin & Perry Go Large**
FILM Comedy starring Harry Enfield and Kathy Burke.

7.00 **The Culture Show**
With a new plays by Johnny Vegas.

8.00 **Top Gear**
With Formula 1 world champion Sebastian Vettel. (R)

9.00 **This World: Italy's Bloodiest Mafia**

10.00 **The Apprentice: You're Fired!**
Ed Byrne and Sarah Willingham stick the boot into the latest candidate to be shown the door.

10.30 **Newsnight**

11.20 **Golf: The Open Championship**
SPORT A preview of the third club-swinging Major of the year.

11.50 **The Culture Show**
From the 2011 Manchester International Festival. (R)

12.50-3.20am **BBC News**

7.00 **Emmerdale**
Chicken-clucking claptrap.

7.30 **The Unforgettable Leonard Rossiter**
Profile of the '70s actor. (R)

8.00 **Lewiss**
A body is found on an Oxford tour bus. Was the tour that boring? (R)

10.00 **ITV News, Weather**

10.35 **Car Crime UK**
A persistent offender is caught driving a stolen truck. (R)

11.35 **Homes from Hell**
More people lumbered with crumbling wrecks. (R)

12.30am **The Zone**

7.00 **News**

7.55 **4thought.tv**

8.00 **Jo Frost: Extreme Parental Guidance**
A kid who exists on a diet of custard creams. Sounds like us when we're hungover with nothing else in.

9.00 **24 Hours in A&E**
A construction worker who was trapped under a cherry picker. Ouch!

10.00 **8 Out of 10 Cats Uncut**
With Patsy Kensit, Sarah Millican and Dr Christian Jessen.

10.50 **The Killing**
US version of the Danish crime drama, starring Mireille Enos. (R)

12.55am **Music on 4: Live from Abbey Road**
Gigs by Kaiser Chiefs and Glasvegas.

7.00 **5 News at 7**

7.30 **Garden ER**
NEW A team of green-fingered types come to the rescue of sorry-looking gardens in need of attention.

8.00 **The Removal Men: Pickfords**
Documentary following crews from Pickfords Removals.

9.00 **NCIS**
Gibbs' ex-wife is a witness in a murder case. (R)

10.00 **CSI: Miami**
Natalia is horrified to learn her sister has been kidnapped. (R)

11.00 **Law & Order: Criminal Intent**
Logan and Barek investigate when an undercover secret service agent is found murdered in her home. (R)

11.55 **Poker: Aussie Millions**
SPORT Action from the big-money event at the Crown Casino in Melbourne. Ripper, mate!

12.55am **SuperCasino**

1AM

1.05am Sign Zone: Bang Goes the Theory (R) **1.35** Engineering Connections (R) **2.25** Saints and Scroungers (R) **2.50** Royal Upstairs Downstairs (R) **3.20-6.00am** News

2.35 FILM Meteor: *Disaster movie starring Sean Connery.* **4.20-5.30am** ITV Nightscreen

1.35 Mercury Prize Sessions **1.50** Album Chart Show: Spotlight **2.05** FILM Cheaper by the Dozen **3.35** Hill Street Blues **4.25** One Tree Hill (R) **5.15-6.00am** Countdown (R)

4.00 Meals in Moments (R) **4.10** Michaela's Wild Challenge (R) **5.00** Rough Guide to Beaches (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

WEDNESDAY'S SPORT

1pm Football: Guandong Sunray Cave vs Liverpool, **ESPN. 6.30pm** Twenty20 Cup Cricket, **Sky Sports 1. 11.15pm** Copa America Football: Paraguay vs Venezuela, **ESPN. 1.45am** Copa America Football: Brazil vs Ecuador, **ESPN.**

THURSDAY'S SPORT

9am Golf: The Open Championship, **BBC2. 6pm** Twenty20 Cup Cricket, **Sky Sports 1. 6pm** Speedway, **Sky Sports 2. 9pm** PGA Tour Golf: The Viking Classic, **Sky Sports 2. 12m't** Major League Baseball: Baltimore Orioles v Cleveland Indians, **ESPN.**

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THURSDAY 14 JULY

TODAY'S MUST-SEE TV PICKS!



The Chicago Code

DRAMA **Sky1/HD, 9pm** The chaps are assembling their case against Alderman Gibbons, when they're given fresh reason to believe that the whole city's justice system is corrupt. ★★★★



The Killing

Channel 4, 9pm

DRAMA In this bleak, rain-washed whodunnit, Richmond is now a suspect, while detectives Linden and Holder think they've found the crime scene. Guess what, guys? You haven't. ★★★★★



Candy Bar Girls

REALITY **Channel 5, 10pm** The best show about "good lesbians" (not gruff dungaree-wearers) sees Sam on a romantic weekend in Paris. Romantic lesbian weekends, eh? Yay! ★★★

6AM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Food Fighters **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.40** Doctors **2.10** Only Fools and Horses **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.25** CBeebies **9.00** LIVE Golf: The Open Championship: *If you're a fan of the small-balled sport, you're in luck – it's on all day! It's the opening day in Sandwich, Kent. Excellent!*

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Ten Mile Menu **3.00** Secret Dealers **4.00** Midsomer Murders (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News, Weather

Channel 4

7.00 Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Country House Rescue (R) **10.55** A Place in the Sun: Home or Away (R) **12.00noon** Channel 4 News Summary **12.05pm** Relocation: Phil Down Under (R) **1.05** FILM None But the Brave **3.10** Countdown **4.00** Deal or No Deal **5.00** Quiz Trippers **5.30** Come Dine with Me **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** CSI: NY (R) **3.15** FILM Little Girl Lost: The Delimar Vera Story: *Fact-based drama starring.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

sky1

7pm **The Simpsons**
Krusty falls for his new sidekick Princess Penelope. (R)(HD)

7.30 **The Simpsons**
Homer wins $1million on the lottery. (R)(HD)

8.00 **Hawaii Five-0**
Criminal mastermind Wo Fat tries to put and end to McGarrett, Danny, Chin Ho and Kono. (R)(HD)

7PM

7.00 **The One Show: Best of Britain**

7.30 **EastEnders**
Christian has a fierce argument with Zainab. Well, that's a plot twist we didn't see coming. Arguing on 'Enders? What a shocker!

8.00 **Traffic Cops**
The po-po target motorists. Rude.

9.00 **Torchwood: Miracle Day**
NEW John Barrowman and Eve Myles return in a sci-fi thriller spin-off from *Doctor Who*. The team investigate a phenomenon that means people no longer die.

10.00 **News, Weather**

10.35 **Classroom Secrets**
Parents of a Year 4 class are given the opportunity to see how they behave behind the classroom door.

11.35 **This Week**
Parliamentary poop.

12.25am **Sign Zone: Gerry and the GPs – Panorama**
Planned NHS reforms. (R)

12.55 **Countryfile** (R)

8pm **Rick Stein's Spain**
NEW The chef embarks on a culinary tour in an old camper van.

9.00 **History Cold Case**
The remains of 17 people discovered in a dry well shaft in Norwich.

10.00 **Mock the Week**
Panel show with Dara O'Briain.

10.30 **Newsnight**

11.20 **Seve: The Legend**
SPORT Gary Linkeker presents a tribute to Spanish golfer Seve Ballesteros, who died in May. (R)

12.20am **The Tudors**
With Anne Boleyn now his missus, Henry eagerly awaits the birth of his promised male heir. Something tells us he's going to be disappointed. (R)

7.00 **Emmerdale**
Someone spills magic dust on the scarecrows and they all come to life.

7.30 **The Rising Cost of Food: Tonight**
The rise in price of basic foodstuffs.

8.00 **Emmerdale**
The newly living scarecrows are so excited to be alive, they throw a house party in the barn. All the animals are invited.

8.30 **Coronation Street**
Carla invites Frank for a meal to show her gratitude for his support. Maybe she could show her gratitude some other way? Just saying.

9.00 **Single-Handed**
NEW Crime drama set in rural Ireland. A visit from Jack's cousin reveals a family secret.

10.00 **ITV News, Weather**

10.35 **Piers Morgan's Life Stories**
Bruce Forsyth is interviewed. (R)

11.35 **Regional Programme**

12.00m't **Odd One In**
Stephen K Amos and Stacey Solomon challenge the regulars. (R)

12.45am **The Zone**

7.00 **News**

7.55 **4thought.tv** (R)

8.00 **Help! My House Is Falling Down**
A 500-year-old Essex farmhouse in need of repair. But don't worry, Beeny manages to fix everything!

9.00 The Killing
MUST-SEE Linden and Holder track down a potential witness.

10.00 **Coppers**
Traffic cops offer an insight into their jobs. Can't say we're interested, especially after that last ticket. (R)

11.05 **King Of Uncut**
With Micky Flanagan.

11.55 **Channel 4 Presents – Ellie Simmonds 2012**
The gold medal-winning Paralympic athlete Ellie Simmonds. (R)

12.00m't **The Film Show**
Edith Bowman reports on the latest Harry Potter premiere.

12.35am **T4: Style the Nation**
A show for fashion fans (said with a wee hand wave). That's not us.

7.00 **5 News at 7**

7.30 **Zoo Days**
A tearaway rhino causes problems for the team. (R)

8.00 **Eddie Stobart: Trucks and Trailers**
A trucker takes on the challenge of racing the train from Rugby to Glasgow. (R)

9.00 **New Cowboy Builders**
Homeowners who have fallen victim to unreliable workmen. We've been there. Good luck.

10.00 Candy Bar Girls
MUST-SEE The lives and loves of staff and regulars at lesbian nightclub the Candy Bar. Sweet!

11.00 **Police Interceptors**
There seem to be a lot of police based reality shows around. (R)

12.00m't **Super Casino**

9.00 The Chicago Code
MUST-SEE Colvin and Wysocki's suspicions are aroused when a city official is acquitted in what at first appeared to be a straightforward case. (HD)

10.00 **Lie to Me**
Lightman is helped by a paramedic to establish the cause of a car crash. (HD)

11.00 **Law & Order**
Lupo and Bernard investigate the murder of a crime scene investigator. (HD)

12.00m't **Brit Cops: Frontline Crime UK**
It's more reality cops! (R)(HD)

1AM

1.55 Fake Britain: *Dodgy stuff.* (R) **2.40** Royal Upstairs Downstairs (R) **3.10-6.00am** BBC News

1.10-3.10am BBC News

2.45 The Rising Cost of Food: Tonight (R) **3.10** ITV Nightscreen **4.35-5.30am** Jeremy Kyle Show

1.00 4Music: 4Play **1.15** Cast Offs (R) **2.00** FILM Dying Young **3.45** Murder on Honeymoon: Dispatches (R) **4.35** One Tree Hill (R) **5.20-6.05am** Countdown (R)

4.00 Meals in Moments (R) **4.10-4.35** Michaela's Wild Challenge (R)



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7. Wrong Number - Is that the Massage Parlour ?
8. The VAT Office want their £20k ... or else.
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Tani. UKanywhere. 43 yrs. Photos. Text TANI to 68889



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YORKSHIRE.. Pixie. 18 years old. Fun teen of 18 in Yorkshire area looking for fun times. PHOTOS and more.. Text PIXIE to 68889



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Wales. Divorced Looking for fun. Text - BETSY to 68889



Sexy fun babe in Birmingham. Looking for fun. Photos and more. Text JENINE to 68889

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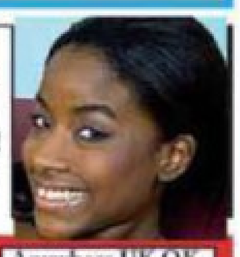
London. UK Experienced sexy JUST divorced woman looking for fun. Photos. Text:- JILL 68889



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Leeds. Yorkshire. Indian hot babe wants some fun. Text 24/7. Photos. Text SHANTA to 68889



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Anywhere UK OK. 51. Busty divorcee bar maid looking 4 hook ups. Photos. Text HELENA to 68889

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Tanya. Older woman. Not looking for anything serious. PHOTOS. Text TANYA to 68889

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Older just divorced curvy busty woman wants to hear from younger guys 18+ Photos and more..Text MARI to 68889



Especially looking for younger guy

Anywhere UK. Travel rep 19 . Looking desperately 4 hook ups. Photos. Text SOPHIE to 68889



Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889



MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS. TEXT:- GIULIA to 68889

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Tash, Glasgow (18)



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Nat, Midlands (19)



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Jule, UK (40)



Hot Single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my HOT pix and HOT videos. Text JULE to 68889

Tara, UK (47)



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AS SEEN ON TV

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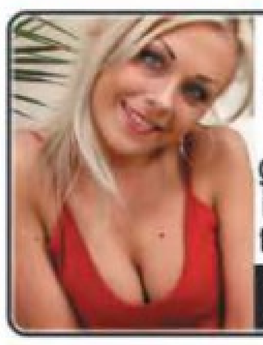
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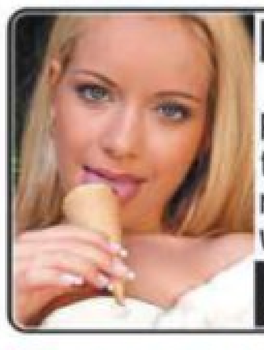
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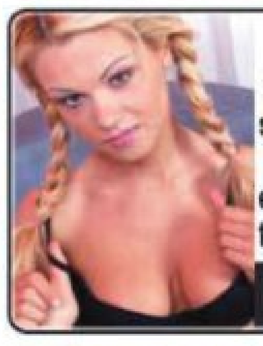
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You want the facts? You can't handle the facts!



The sound effect of the doors opening and closing on the Death Star in the *Star Wars* films was achieved by sliding a piece of A4 paper in and out of an envelope.

Only three men have won the Victoria Cross twice – and two of them were related.



Some species of female scorpion can be pregnant for longer than humans.

According to ratings on the rottentomatoes.com website, Chuck Norris and Jennifer Love Hewitt are the worst film actor and actress of the last 25 years.



Any prison inmates who were due to be released on the day of this year's Royal Wedding were released a day early thanks to it being declared a bank holiday.

Despite spending the last five months of the 2010/11 season at Liverpool, Luis Suarez won a Dutch Eredivisie winners medal with Ajax.



Film star Michael J Fox's real middle initial is A, for Andrew.

Fulham FC manager Martin Jol has brothers named Dick and Cock (short for Cornelius).

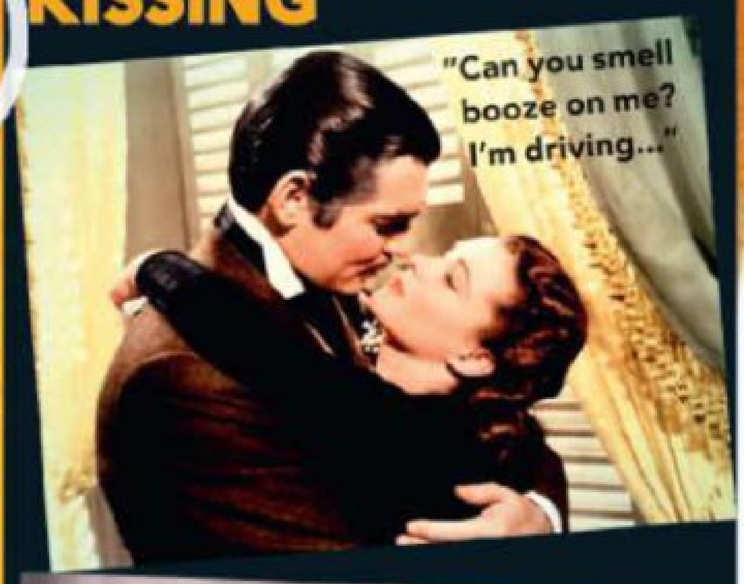


Caffeine is present in coffee plants to dissuade animals from eating them.

There are two colours – orange and purple – that have no words in the English language that rhyme with them.

Robbie Keane is the first man from the UK or Ireland to score 50 international goals.

PUB AMMO ON... KISSING





- The German language has names for 30 different types of kiss.
- The first recorded use of an "X" to represent a kiss in a written letter is dated to 1765.
- In 2007, an Australian hotel manager and his Filipino receptionist were jailed for a month after kissing in public in Dubai.
- The act of kissing requires the use of 146 separate muscles.
- Wednesday 6 July is UK National Kissing Day.



WORDS: PETE CASHMORE, NICK SOLDINGER
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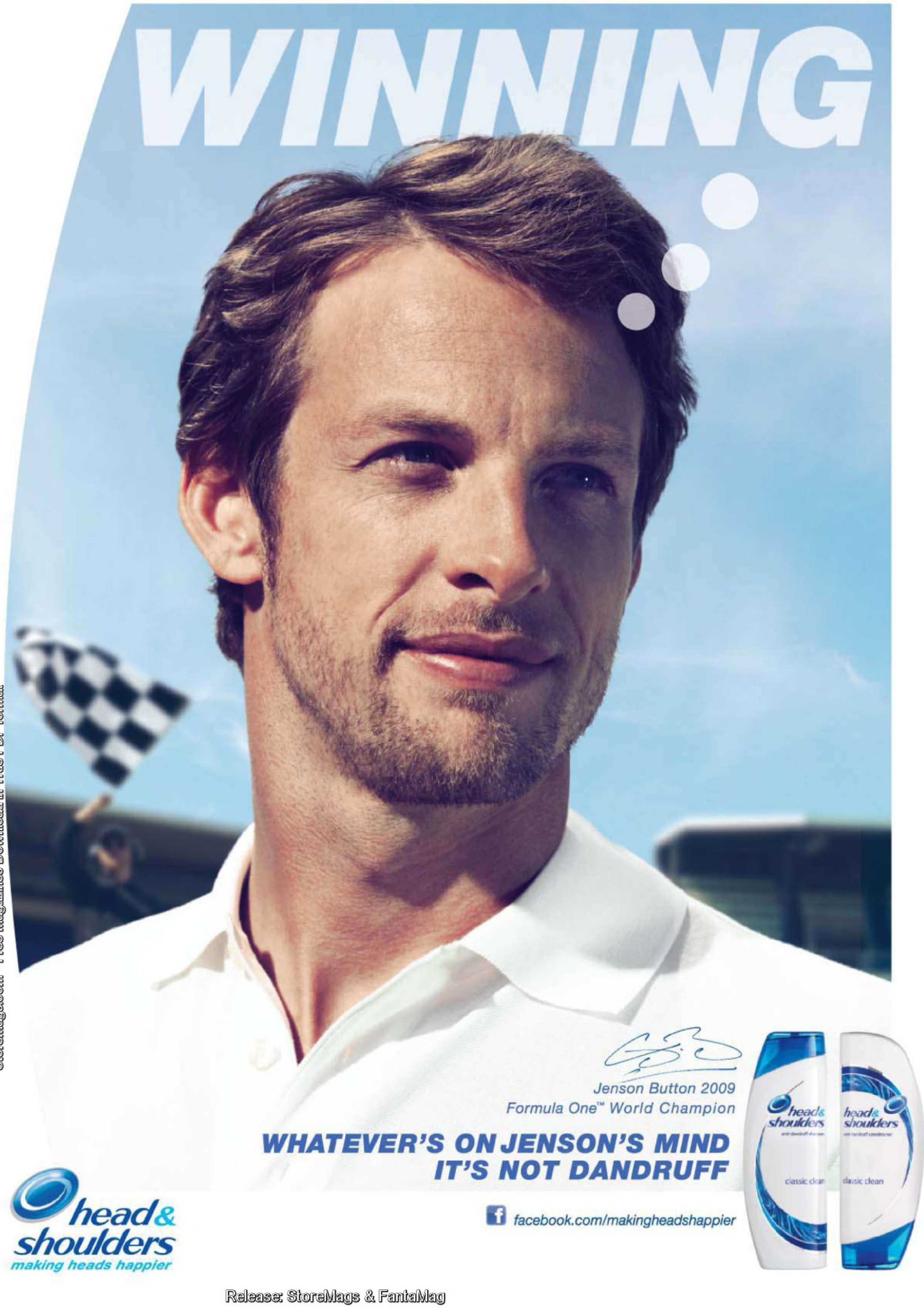
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